

Horseshoe Bay Dental

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The Six Important Things We All Need to Know...

1. The following are infections and contagious. They usually don't hurt.
 - Periodontal Disease
 - Tooth Decay
2. Tooth pain at times will come and go away completely. When pain disappears, it gives a false sense of security that the tooth is normal, and upon return it will intensify each time. The first sign of discomfort is the right time to contact your dentist. Waiting could result in irreversible damage.
3. Our teeth can shift within a 24 hour period. This is one of contributing reasons night guards won't fit when not worn each night.
4. Most over the counter mouth rinses can contain as high as 20% alcohol, leading to dry gum tissue causing pain and dissolving the bonding in fillings, onlays, inlay and veneers.
5. Do you know what is lurking beneath your gums?
 - At home, we are only able to clean up to the first 3mm of gum tissue by brushing, flossing and water irrigators (water Pik, etc.)
 - Periodontal pockets of 3mm or less often indicate healthy gum tissue. Periodontal pockets of 4mm and deeper can indicate periodontal involvement and require a dental hygienist to access.
 - Bacteria in periodontal pockets of 4mm and deeper are able to re-infect sooner than every 3 months following dental cleanings.
 - Periodontal pockets left untreated may progress to bone loss, a periodontal abscess, and possibly heart disease.
 - While pregnant, women should have their teeth cleaned every 3 months.
6. Wearing dentures does not eliminate the future need to see your dentist. Annual examinations are necessary for oral cancer screenings, to check your bite, and to check for mold and yeast that will infect and irritate your gum tissue. We look for cracks or fractures early on and we check for shrinkage in your bone and tissue, which can contribute to uncomfortable sore spots.

