

Teeth Tips

Surface stains from Coffee, tea or tobacco are best removed with professional polishing.

Internal or intrinsic staining such as overall darkening of teeth is best treated by teeth whitening systems.

Sensitive teeth? It's best to refrain from teeth whitening and polishing till your sensitivity is managed. Whitening and polishing of teeth can cause more sensitivity.



This issue

White Smiles P.1
Flash that Smile P.2

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Achieving a Beautiful Healthy White Smile

As professional dental hygienists, we're frequently asked: "How do I achieve a beautiful smile?".... "Why are my teeth not as white as I'd like them to be?"... "Are there things I can do to improve the appearance of my teeth?" These questions don't surprise us since we know your smile speaks volumes about you and who you are. Culturally, we relate aesthetically pleasing teeth and gums to attributes such as youth, vitality, health, energy and even personal hygiene. A healthy smile is also a great confidence booster; after all, who wouldn't smile more if they knew they had a brilliant healthy smile?

Teeth Discolouration

This is one of the culprits working against your brilliant smile. Our enjoyment of red wine, coffee, tea and tobacco can leave surface as well as internal staining on teeth. Enamel-wear and gum recession resulting in the exposure of naturally yellower underlying dentin and root surfaces can also dull your smile. Other common causes of teeth discolouration include non-vital teeth, cavities, and old stained white fillings. Some of you may even have silver restorations that cast dark shadows through your teeth.

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Flash that smiles because you love it!

Dentures

Dentures not only replace the function of missing teeth—they're part of your smile. Like natural teeth, dentures can stain from many of the same sources like red wine, coffee, tea and tobacco. Over time, any denture once new and brilliant in appearance can become worn and discoloured thus causing your smile to lose its luster as well.

Plaque and Tartar

These are bacterial-based deposits that attach to the surfaces of teeth, bridges, dental implants and dentures. These deposits, like our teeth can also incorporate stains from various sources to dull and yellow our smiles.

Gum Health

As dental hygienists, we can't stress enough the importance of maintaining the health of your gums since it relates to the overall health of your mouth and body.

When it comes to smile-aesthetics, gum-health is just as important. We mustn't forget our gums are part of our smile. A pink, firm, and evenly structured gum-line can frame our teeth beautifully to convey a portrait of health and vitality.

Getting Older

Many dental professionals will agree: Our teeth tend to yellow and lose their brilliance as we age. This isn't something we like to hear-- especially if we've dedicated time and effort into the care of our smile. The good news, however, is that there are many solutions, services, and products available to restore luminance and beauty to our smiles.

Stay tuned for our future issue on simple solutions to brighten your smile!

Our services

- Oral Assessments
- Scaling
- Teeth Whitening
- Polishing
- Denture Care
- Desensitizing Teeth
- Tobacco Cessation
- Oral Cancer Screen
- Sports Guards
- Referrals

We'll come to you!

House calls are available for seniors in retirement residences, nursing homes and adult day centres.

directSmiles is located in Caledon and Oakville. We service the GTA and surrounding areas.



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