



DENTAL TIPS

From Dr. Joel Scheir, DDS, PC

Dental Myths: Fact vs Fiction

Myth: I can't see any problems with my teeth, so I don't need to go to the dentist.

Fact: There are dental problems that aren't visible to the naked eye: gum disease, hairline fractures and root canal disease are just a few. Dentists use sophisticated technologies, like digital x-rays, to detect problems both on and beneath the surface of your teeth. Plus, it's a mistake to think of dental visits as emergency care; they're just as much about preventive care.

Myth: I don't need to worry about my teeth because my parents never had problems.

Fact: Though genetics may play a small role in predicting your oral health, how well you take care of your teeth will be the single most important determinant in how healthy they are.

Myth: If I have a toothache, placing an aspirin tablet next to the tooth will relieve pain.

Fact: Putting an aspirin tablet in direct contact with the soft tissues of your mouth will not help relieve a toothache. In fact, this can lead to painful chemical burns. Don't do it! See your dentist for relief.

Myth: Chewing sugar-free gum after a meal is just as effective as brushing.

Fact: It's true that chewing sugar-free gum after meals can help clean your teeth, stimulate saliva flow and freshen your breath after meals. But it's no replacement for a thorough brushing and flossing, which actually removes dental plaque and food debris.

Myth: I shouldn't brush my teeth if my gums are bleeding.

Fact: Bleeding gums are a symptom of inflammation or gum disease. Keep brushing, but make some adjustments. Use a toothbrush with soft bristles and brush in a circular motion. If the bleeding continues after a few days, see your dentist for a periodontal evaluation.

Myth: All dental procedures must be avoided during pregnancy.

Fact: Although certain procedures, such as x-rays or dental surgery, should be avoided during pregnancy, regular dental treatments should continue as usual. It is especially important to maintain good oral hygiene and have dental cleanings done during your pregnancy!

P.S. I welcome any questions or comments you would like to share.

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