5 Common Dental Questions

But here's the spoiler...

It does not include:
"Have you
been flossing?"

Dr. Jonathan Ly

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Can I miss a few nights of brushing my teeth?

Although one night may not rot your teeth, the goal is to develop a *healthy habit*. I always recommend to my patients to brush twice daily and floss once daily in the evening. We don't want what originally was a delicious red Sour Patch you had at the movies to fuel a sugar-loving bacteria to break down your teeth and ultimately cause a cavity!

Is fluoride bad for me?

NO! In fact, it's the complete opposite, fluoride not only helps *strengthen* your teeth, it also helps with *tooth sensitivity*. (But please don't ingest it, I can assure you it doesn't taste very good.)

Will whitening my teeth damage my enamel?

Not if the product was used as described, and in moderation. I will typically advise waiting a minimum of 6 months between full treatments (touch ups are okay). If you find yourself having tooth sensitivity, try the active ingredient *carbamide peroxide* instead of hydrogen peroxide.

I don't like the way my teeth look, but aren't I too old for braces?

There are several benefits to correcting the alignment of crowded/ crooked teeth, such as *having better access to brushing and less uneven wear* (think about not rotating or aligning your tires when recommended, yikes!). More people are moving towards clear aligner therapy. In our office, we offer Invisalign, and we just added a new digital scanner. We are looking forward to making a great (digital) impression!

Thoughts on charcoal toothpaste?

Now there is nothing like staring at yourself in the mirror with a black covered mouth to get you up in the morning, but the truth is charcoal can be very abrasive to your teeth and there are more risks than benefits to using it - at least for now.

For any other questions, feel free to schedule a consult or email Dr. Jonathan Ly at royalfamilydental@gmail.com