



Dr. Lawless
says

Because your mouth is one of the first things people notice about you, a strong, beautiful smile can take years off your appearance. Give us a call today and check out our new website!

749-3233
46 South Shore Rd.
Lake Cowichan

Lake Dental News

Spring has Sprung!

2006

ARE YOU TEMPTED TO HIDE YOUR SMILE

We are all aware of how plastic surgery techniques may enhance our appearance. Fuller lips, tighter chins, and sleeker cheeks are all surgical options offered by the nip and tuck experts. Dentists can easily provide many similar enhancements to your good looks and self esteem.

By revitalizing your smile, esthetic dentistry can make patients look ten years younger! Discolored or chipped teeth, pitted, misaligned, or simply crooked are among the most common conditions that make you self-conscious about your smile.

If you are ever tempted to hide your smile, please come and see us at the **Lake Dental Health Centre** for a consultation.



TEENAGERS:

Does your teenager give brushing the brush-off?

Many teenagers go through a period when their brushing habits aren't so good. Maybe its time for a refresher course on brushing and flossing or you can speak to them in terms they will understand: ***"Plaque looks awful and makes your breath smell!"***

Because of this, routine dental visits are more important than ever. They will often take advice more readily from a health professional than from a "nagging" parent.

Braces, oral piercing, and mouth guards can also cause some conflict but 90% of reluctant teens will take the advice to heart once their dentist has explained the advantages (or disadvantages in the case of tongue piercing)

These days it's not unusual for fashionable attire among young people to include tongue piercing. If you're thinking of getting in on the trend, there are some health issues you should consider first. Any time jewellery is inserted through the soft tissues of the mouth, there's a risk of infection and allergic reaction.

The barbell end of the jewellery can chip your teeth and make it harder to eat or speak clearly. You can expect pain and swelling for several days after a piercing. If you do decide to have your tongue pierced, make sure it's done at a sterile,



safe and reputable establishment. People with oral piercing must take special care to regularly brush their tongue, irrigate the hole with water and keep jewellery meticulously clean.

Call Us Today For Your Appointment

749-3233

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A few tips for making your visits to our office worry-free.

- Ask questions about procedures that cause you anxiety. If you understand what is going to happen during your appointment you'll have less reason to worry.
- Establish a signal, such as raising your hand to let us know that you want us to stop. It will make you feel more in control and give you a chance to ask for more anaesthetic if you feel any discomfort.
- We have a disk man and headphones. Ask us for it or bring your own. Listening to your favorite music can be very relaxing.
- Don't be afraid to ask us for a helping hand. That's what we're here for.



We all need to cancel appointments now and then for good reason.

However, cancelled appointments cost all of us. If you must cancel a scheduled appointment we ask that you contact our office at least 48 hours beforehand. We will be happy to find a more suitable time for you.

Time to change your brush

It's a good idea to change your toothbrush every three to four months - even sooner after recovery from an illness or cold. Studies show that bacteria from your illness can stay on your toothbrush and food particles and moisture become trapped in the base of the bristles where they provide everything germs need to grow. Do you really want to introduce these germs into your mouth? Another good reason is that the hard, worn or frayed bristles can actually damage your gum tissue. Consider buying an electric toothbrush. They're more effective at removing plaque and ideal for people with arthritis. Ask us which one we would recommend.

INFORMATION

Lake Dental Health Centre

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Office Hours

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The one that sneaks up on you

The number one reason for early, unnecessary tooth loss is periodontal disease. It's possible to have it and not even know it. This silent disease is caused by bacterial plaque that constantly forms on the teeth and gums.

It is preventable and even reversible with diligent home care and regular dental visits, however if left untreated, advanced periodontitis can lead to severe inflammation, bone loss, gum recession and inevitably tooth loss.

HOW DO YOU KNOW?

- *Gums that bleed when you brush or floss.
- *Persistent bad breath / bad taste
- *Swollen or tender gums, or gums that appear redder than usual.
- *Gums that have receded away from your teeth.
- *Teeth that are loose, or seem to be changing position.

We always accept new patients and appreciate your referrals.

Thank you

www.lakedentalhealth.com/