

## The benefits of a beautiful smile

June 12th, 2012



Drs. Warren, Eryn & Aiden Sone, and team, know that having an attractive smile puts a spring in your step—or two—as well as increases your self-confidence, no matter if you're 14 or in your late forties. Smiling not only makes people happy and puts them in a good mood, doing it often can even help you live longer, according to previous studies!

If you've been hiding your smile because you have crooked teeth or gaps between your teeth, it's time to consider orthodontic treatment at Sone's on Sheppard Dental Centre. You'll be pleasantly surprised to learn how quickly and efficiently today's most advanced correction techniques can straighten your smile! Don't hide your smile any longer — give us a call today to schedule yours or your child's orthodontic consultation.

# Get Rid of Your Toothache, Fast!

June 14th, 2012

If you're suffering from a toothache, contact [Sone's on Sheppard Dental Centre](#) as soon as possible – your tooth may be abscessed and require emergency dental care.

Drs. [Warren](#), [Eryn](#) and [Aiden Sone](#), if caught in time, can help you avoid complications such as surgery or a tooth extraction if you experience any type of toothache.

The good news is, there are some tried and true toothache pain relief methods:

## **Cold Compress**

Applying a cold compress to your jaw should alleviate a toothache. The cold reduces blood flow to the site and therefore reduces swelling and pain. Apply a cold compress as often as necessary until the pain subsides.

## **Pain Medication**

Pain medication can help relieve a toothache but be sure not to exceed the recommended dose. Pain relievers such as aspirin and Advil typically contain anti-inflammatory medicine which can reduce the pain and swelling associated with a toothache.

## **Warm Salt Water and Baking Soda**

Salt and Baking Soda combine to make an excellent anti-bacterial mouth-rinse that can help reduce the amount of bacteria in your mouth and potentially reduce the swelling and pain that stems from a toothache.

## **Clove Oil and Garlic**

Pure clove oil, available in most drugstores, can act as a numbing agent if applied directly to the tooth. Don't apply to the gums or apply too much as clove oil can be poisonous in too-high quantities. If you don't want to use clove oil, a clove of garlic is an excellent substitute – simply hold it against the tooth for a few minutes and rinse with warm water afterward.

## **Teabag Therapy**

Teas such as black and green teas are high in tannins, which are known to reduce swelling and help your blood to clot and therefore improve healing. Microwave the teabag in a small dish filled with water for about 30 seconds or until warm, squeeze the excess water and bite down on the teabag, holding it against your tooth/gum.

However, remember that any toothache is a bad toothache so [contact Sone's on Sheppard Dental Centre](#) as soon as possible. You can even [request your appointment](#) online!



## Bad Breath is No Good

June 20th, 2012

Bad breath, also called halitosis, can result from poor dental health habits and may be a sign of other health problems. Bad breath can also be made worse by the types of foods you eat and other unhealthy lifestyle habits. You may not even be aware of your own bad breath, so if you're concerned you may be suffering from it, talk to our team. The talented dentists at Sone's on Sheppard Dental Centre can help identify the cause and, if it's due to an oral condition, develop a treatment plan to treat it.

### There are many reasons for bad breath:

- What you eat can also affect the way your breath smells. Certain foods, such as garlic and onions, can have a very strong and lasting odor.
- If you don't brush and floss daily, particles of food remain in the mouth, collecting bacteria, which can cause bad breath, not to mention tooth decay and gingivitis.
- Bad breath can be caused by dry mouth (xerostomia), which occurs when the flow of saliva decreases. Saliva is necessary to cleanse the mouth and remove particles that may cause odor.
- Tobacco products cause bad breath. If you use tobacco, ask us for tips on kicking the habit.
- Bad breath may be the sign of a medical disorder, such as a local infection in the respiratory tract, chronic sinusitis, postnasal drip, chronic bronchitis, diabetes, gastrointestinal disturbance, liver or kidney ailment. If this is the case, you may be referred to your family doctor or a specialist to determine the cause.



The good news is there are many ways to help eliminate bad breath from your life. Maintaining good oral health is essential to reducing bad breath, so schedule regular dental visits with our office for a professional cleaning and checkup. Brush twice a day with fluoride toothpaste to remove food debris and plaque, and don't forget to brush your tongue, too!

## Summer is Here- Tips for a Bright, White Smile!

June 27th, 2012



Summer is here, which means a season full of vacations, adventures and great memories is just around the corner for most of our patients. Whether you are headed to a barbecue, a camping trip, hitting the open roads or just having fun in the backyard this summer, we want to hear all about it! Make sure to let us know what you're up to as spring winds down and summer begins on our Facebook page!

Everyone wants a glowing and radiant white smile when the sun comes around and we have a few reminders to keep your pearly whites healthy and beautiful over the summer! Try to stay away from drinks that will stain your teeth like coffee, soft drinks or dark colored juices- Not only will drinks like this weaken your enamel but they will also darken that fabulous smile your working on! Another tip is to try and focus on brushing your teeth- everyone knows when busy schedules start picking up, getting a good brushing session in tends to take the backseat! A good tip for keeping your mouth safe from staining and other possible pitfalls is to try and swirl your mouth with water after any meal you can't fully brush your teeth after- your teeth, inside and out, will benefit!

We also encourage you to post any photos from your adventures!

If it is a brighter, whiter smile you are looking for. Please contact Drs. [Warren](#), [Eryn](#) and [Aiden Sone](#) for a [consultation](#) regarding our safe solutions for getting your teeth even whiter with teeth bleaching. A portion of each bleaching system used will go towards finding a cure for the Canadian Breast Cancer Foundation.