

DENTAL QUESTION



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QUESTION

Why is flossing important?

ANSWER

Everybody knows the importance of brushing their teeth and is a daily habit for many people. Brushing removes plaque containing bacteria which can lead to gum disease and progress to other health related issues. Preventing these issues only requires about 5 minutes a day of oral health care: 2 minutes brushing in the morning and evening, 1 minute flossing in the evening.

With the right technique, brushing is very effective at removing plaque on the surfaces of the teeth and just under the gum line. However, the most difficult place for a brush to effectively clean is in between the teeth and in the deep pockets under the gum line. Depending on the health of your gums, you may have shallow or deep pockets. Brushing can effectively clean the shallow pockets but deeper ones will require a little extra effort by using floss.

Proper flossing will clean these difficult areas by removing the plaque. If ignored, the plaque will develop into tartar (which only your dentist can remove), gum disease, and then tooth decay. The initial symptoms of these conditions are for the most part invisible and painless. But, the latter symptoms can be extremely painful that you will have no choice but to see a dentist to either remove your tooth or teeth, or undergo other more complicated and expensive procedures.

As I mentioned in my previous article, at the heart of dentistry is preventative care and 5 minutes a day is all it takes to have a bright and beautiful smile, reduce bad breath, and prevent serious damage to your teeth.

Speak to your dentist today if you have any questions about proper brushing and flossing

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