

# Services Guide

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## Dentists

*\*NOTE 1: This information is pulled from credible sources. This information is a guide. Any information used from this guide must be re-contextualized (no copying and pasting). Re-contextualize information incorporating SEO and business specifics.*

*\*NOTE 2: For MCP websites, stick to general information and avoid specifics.*

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# 1. SEO

Keywords (First Row – BEST, Last Row – LEAST)			
○ Dental	○ Emergency dentist	○ Veneers	○ Dental implants
○ Tooth whitening	○ Cosmetic dentistry	○ Orthodontist	○ Teeth bonding
○ Tooth cap	○ Dental hygienist	○ Pediatric dentist	○ Tooth filling
○ Dental clinic	○ Orthodontist (if appropriate)	○ Braces (if appropriate)	○ Dentures (if appropriate)

# 2. GENERAL DENTISTRY (FAMILY DENTISTRY)

Service Breakdown:

Service	Details
<b>Oral Examination</b>	<ul style="list-style-type: none"> <li>○ Review of medical history</li> <li>○ Oral cancer examination</li> <li>○ Periodontal examination</li> <li>○ Tooth examination</li> <li>○ Biting, chewing and grinding check</li> </ul>
<b>Dental Cleaning</b>	<ul style="list-style-type: none"> <li>○ Inspecting and cleaning teeth to prevent cavities</li> <li>○ Removing plaque from teeth</li> </ul>
<b>X-ray &amp; 3D Imaging</b>	<ul style="list-style-type: none"> <li>○ Helps to determine presence or degree of things like periodontal disease, abscesses, cavities and abnormal growths</li> </ul>
<b>Pediatric Dentistry</b>	<ul style="list-style-type: none"> <li>○ Dentistry focusing on young children</li> </ul>

## 3. RESTORATIVE DENTISTRY

### 3.1 CROWNS

\*Information obtained from Canadian Dental Association.

#### General:

If your tooth is damaged but not lost, a crown can be used to restore its shape, appearance and function. You may need a crown if you have a:

- Root canal
- Large filling on a tooth
- Broken tooth

Crowns are strong and generally last for about 10 years or longer if you take good care of them. So, like your natural teeth, remember not to bite down on hard objects or use your teeth to open or cut things.

#### Crown Process:

Steps	Details
1.	<ul style="list-style-type: none"><li>○ Local anesthetic is applied</li><li>○ Tooth is filed down to make room for the crown</li></ul>
2.	<ul style="list-style-type: none"><li>○ An impression of the filed down tooth and nearby teeth is taken.</li><li>○ This impression is used to custom make your final crown.</li><li>○ The crown is built using restorative material based on the impression.</li><li>○ The final crown will be the right shape for your mouth.</li></ul>
3.	<ul style="list-style-type: none"><li>○ While you wait for the final crown, a temporary crown will be placed over the tooth that needs to be restored.</li><li>○ The temporary crown is made from an impression of your tooth before it was filed down. It protects your tooth until the final crown is ready.</li><li>○ A temporary crown may not have the same shape and colour as a final crown.</li></ul>
4.	<ul style="list-style-type: none"><li>○ On your next visit, your dentist takes off the temporary crown and puts on the final one.</li><li>○ Your dentist checks to make sure the crown is the right fit, shape, colour and bite. If it is, your dentist cements the crown into place.</li></ul>

**Crown Material Types:**

Crowns are made from various types of materials. Depending on which tooth needs a crown, your dentist will suggest a material, or combination of materials, that is right for you.

Material	Details
<b>Metal Crowns</b>	<ul style="list-style-type: none"><li>○ Metal crowns are made of gold. They generally last a long time and won't chip or break.</li><li>○ They tend not to water down your opposing natural teeth. However, the gold colour does not look natural, particularly on front teeth.</li></ul>
<b>Composite Crowns</b>	<ul style="list-style-type: none"><li>○ Composite crowns look natural. They won't chip as easily as porcelain crowns, but they tend to wear more quickly from chewing.</li><li>○ A tooth brushing tends to remove the highly polished surface of composite crowns and this causes them to stain more easily</li></ul>
<b>Porcelain Crowns</b>	<ul style="list-style-type: none"><li>○ Porcelain crowns look the most natural.</li><li>○ They are more brittle than metal or composite and may chip more easily. Because of this, they are not usually placed on back teeth.</li></ul>
<b>Porcelain Fused to Metal Crowns</b>	<ul style="list-style-type: none"><li>○ This type of crown looks natural and is stronger than porcelain or composite crowns.</li><li>○ They won't chip as easily as porcelain or ceramic crowns.</li><li>○ However, depending on their design, the metal may show if your gums are thin or shrink.</li></ul>

**3.2 BRIDGES**

**\*Information obtained from Canadian Dental Association.**

**General:**

A bridge, also called a “fixed bridge” or a “fixed dental prosthesis,” is a dental restoration that replaces one or more missing teeth.

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- It extends across an area that has no teeth and is typically made up of an artificial tooth fused between 2 crowns. (A crown is a hollow, artificial tooth that fits over a natural tooth or a dental implant).
- The bridge is held firm in place by your own teeth on each side of the missing one(s) or by dental implants.
- A bridge is permanent and cannot be removed.

### Caring for Your Bridge:

If you take good care of your bridge, it should generally last for about 10 years, or perhaps longer.

- Like natural teeth, bridges need to be brushed and flossed every day.
- Your dentist will show you how to use a floss threader to floss under and around the artificial tooth (or teeth) in the middle of the bridge.
- Regular dental visits and professional cleanings are also important. If you have an implant bridge, your dentist will show you how to properly care for them.

### Bridge Process:

Steps	Details
1.	<ul style="list-style-type: none"><li>○ If you have healthy teeth on each side of a missing tooth (or teeth), your dentist files down the 2 healthy teeth to prepare to prepare them for the bridge.</li><li>○ If you don't have healthy teeth or enough teeth to support the bridge, then dental implants may be surgically placed. A dental implant is an artificial root made of titanium metal that is inserted into the jawbone to replace the root of the natural tooth.</li><li>○ The implants act as an anchor to hold an artificial tooth or bridge in place.</li></ul>
2.	<ul style="list-style-type: none"><li>○ Next, your dentist makes a model of your teeth by taking impressions (molds).</li><li>○ The model is used to custom-make the artificial tooth (or teeth) and 2 crowns as one piece. This piece is called a bridge.</li></ul>
3.	<ul style="list-style-type: none"><li>○ Meanwhile your dentist places a temporary bridge in your mouth to protect the exposed teeth and gums.</li></ul>
4.	<ul style="list-style-type: none"><li>○ During your second visit, your dentist removes the temporary bridges and places the custom made bridge in your mouth.</li><li>○ The crowns are either cemented to your teeth or attached to your dental implants on each side of the missing tooth (or teeth).</li></ul>

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### Types of Bridges:

There are two different types of dental bridges. Your dentist or prosthodontist will recommend the most appropriate one depending on the location of the missing tooth (or teeth) and the condition of your teeth, mouth and gums.

Type	Details
<b>Traditional Bridge</b>	<ul style="list-style-type: none"><li>○ Traditional bridges are used if there are natural teeth on each side of the gap where the tooth is missing.</li><li>○ As an alternative to a bridge, your dentist may suggest a single implant to replace a missing tooth between 2 healthy teeth. An implant will prevent you from having to get your healthy teeth filed down in preparation for the crowns.</li></ul>
<b>Implant Bridge</b>	<ul style="list-style-type: none"><li>○ Implant bridges are used if you don't have healthy teeth or enough teeth to support a bridge, or when several or all teeth are missing.</li><li>○ A custom-made bridge is anchored to the dental implants.</li><li>○ Your dentist will first determine if dental implants are right for you. (Implant bridges can be used when all your teeth are missing)</li></ul>
<b>Resin-bonded Bridge</b>	<ul style="list-style-type: none"><li>○ Resin-bonded bridges, also known as "Maryland" bridges, are used when the missing teeth are in the front of the mouth.</li><li>○ This type of bridge involves the artificial teeth being fused together to metal bands and cemented to the back of your natural teeth.</li></ul>
<b>Cantilever Bridge</b>	<ul style="list-style-type: none"><li>○ Used when there are healthy teeth only on one-side of the missing tooth or teeth.</li><li>○ This procedure involves anchoring the artificial tooth over one or more of your natural adjacent teeth.</li></ul>

### 3.3 IMPLANTS

\*Information obtained from Canadian Dental Association.

General:

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If one or more of your teeth are missing, there are a number of ways to replace them. An alternative to bridges, partials or complete dentures may be dental implants. Implants are used to replace missing roots and support artificial replacement teeth. They are comfortable and look like normal teeth.

### What Are Implants?

- A dental implant is an artificial root made of titanium metal.
- It is inserted into the jawbone to replace the root of the natural tooth.
- An artificial replacement tooth is attached to the implant.
- The implant acts as an anchor to hold the replacement tooth in place.

### Caring for Implants:

Because dental implants are placed in the jawbone, artificial replacement teeth attached to implants look and act much like natural teeth.

- Like natural teeth, implants need to be kept clean using a toothbrush and floss.
- Your dentist will show you the proper cleaning procedure for implants.
- Regular dental checkups are important so your dentist can make sure that your bite is right and that your implants are not loose.

### Bone Graft:

If you are in good general health, have healthy gums and have enough bone in the jaw to hold an implant, dental implants might be right for you.

- If your jawbone has shrunk or if it has not developed normally, you may be able to have a bone graft to build up the bone.
- A bone graft is a way of adding new bone to your jawbone.
- Your dentist or dental specialist will tell you if bone grafting can be done.

### Implant Process:

Steps	Details
1.	<ul style="list-style-type: none"><li>○ Your dentist or specialist will carefully examine your mouth and take x-rays of your head, jaw and teeth to find out if dental implants are right for you.</li></ul>
2.	<ul style="list-style-type: none"><li>○ During the first stage of surgery, your dentist or specialist will put a dental implant into your jawbone beneath the gum tissue.</li><li>○ The gum tissue is then stitched back into place.</li><li>○ As the tissue heals, the implant will bond with the bone and attach to the gum. It can take several months to heal.</li></ul>

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3.	<ul style="list-style-type: none"><li>○ During the second stage of surgery and once the tissue is healed, your dentist or specialist will attach an abutment to the implant.</li><li>○ An abutment is a post that connects the replacement tooth to the implant.</li><li>○ In some cases, the first and second stage of implant surgery may be done in one single stage.</li></ul>
4.	<ul style="list-style-type: none"><li>○ An artificial replacement tooth is made and your dentist or specialist attaches it to the abutment.</li><li>○ It may take several appointments to properly fit the replacement tooth to the abutment.</li></ul>
5.	<ul style="list-style-type: none"><li>○ When replacing several teeth or all of your teeth, a fixed bridge is anchored to your dental implants.</li><li>○ A bridge is a dental restoration that replaces one or more missing teeth by spanning an area that has no teeth.</li><li>○ The bridge is held firmly in place by dental implants on each side of the missing tooth or teeth.</li></ul>

### Other Implant Facts:

- Several visits to your dentist or dental specialist may be needed until the process is done.
- Checkups will be scheduled during the following year so your dentist can be sure your implants are working properly.
- You will need to take very good care of your implants.
- Implants can cost more than other kinds of replacement teeth and might not be covered by your dental plan. But in most cases this is a one-time cost, unlike other kinds of tooth replacement procedures.
- Although rare, possible complications due to dental implants include bleeding, infection, numbness or injury to nearby muscles or the sinus cavity.
- In some cases, the implant may not be successful because it didn't bond to the bone.

### 3.4 BRUXISM

(TMD: Temporomandibular Disorder (mouthguards))

\*Information obtained from Canadian Dental Association.

General:

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The jaw joints and groups of muscles that let us chew, swallow, speak and yawn are known as the temporomandibular. When there's a problem with how the joints and muscles work, you may have a temporomandibular disorder or TMD.

### Treatments:

- Wearing a night guard or bite plate (also called an occlusal splint). An occlusal splint is made of clear plastic. It fits over the biting surface of the teeth of one jaw so that you bite against the splint rather than your teeth. This helps your jaw joints and muscles to relax.
- Depending on your TMD, your dentist may tell you to wear a splint 24 hours a day, only at night, or for some length of time in between. **(there are other treatment plans, but this is the most common plan available at general dentistry practices)**

### Symptoms & Causes:

Symptoms	Causes
<ul style="list-style-type: none"><li>○ Tender or sore jaw muscles. Your jaw may be even more painful when you wake up, clench your teeth, chew your food or yawn.</li></ul>	<ul style="list-style-type: none"><li>○ Clenching and grinding your teeth. Clenching your jaw muscles can cause them to ache. Some people grind their teeth or clench their jaw muscles when they are under stress.</li></ul>
<ul style="list-style-type: none"><li>○ Problems opening or closing your mouth. It may be hard to open or close your jaws all the way, or your jaws may lock open or closed.</li></ul>	<ul style="list-style-type: none"><li>○ Injury to your face or jaw. Broken (or fractured) jaws, a jaw joint that has been knocked out of place (or dislocated) and "whiplash" may cause TMD.</li></ul>
<ul style="list-style-type: none"><li>○ Headaches that you cannot explain. You may also feel pain in your neck. These may be caused by TMD, or by other problems. Tell your dentist AND your doctor.</li></ul>	<ul style="list-style-type: none"><li>○ Some diseases, such as rheumatoid arthritis, may affect the jaw joints and muscles.</li></ul>
<ul style="list-style-type: none"><li>○ A clicking or grinding noise when you chew or yawn. You may hear strange noises in your jaw joints, such as clicking or popping when you open your mouth, or crunching and grinding sounds when you</li></ul>	<ul style="list-style-type: none"><li>○ If your jaw does not grow the right way, your teeth may not line up the way they should. This can make it hard to bite and chew, and may lead to TMD.</li></ul>

chew.

### 3.5 ROOT CANAL TREATMENT

**General:**

When the nerve of your tooth becomes infected, a successful root canal treatment lets you keep the tooth rather than having to pull it out. Keeping your tooth helps to prevent your other teeth from drifting out of line and causing jaw problems. Saving a natural tooth avoids having to replace it with an artificial tooth.

- Also know endodontic treatment, this is the process of removing infected, injured or dead pulp from your tooth.
- The space inside the hard layers of each tooth is called the root canal system. This system is filled with soft dental pulp made up of nerves and blood vessels that help your tooth grow and develop.

**Root Canal Treatment Process:**

Steps	Details
1.	<ul style="list-style-type: none"><li>○ The dentist gives you a local anesthetic (freezing).</li><li>○ To protect your tooth from bacteria in your saliva during the treatment, the dentist places a rubber dam around the tooth being treated.</li></ul>
2.	<ul style="list-style-type: none"><li>○ The dentist makes an opening in the tooth to reach the root canal system and the damaged pulp.</li><li>○ Using very fine dental instruments, the dentist removes the pulp by cleaning and enlarging the root canal system.</li></ul>
3.	<ul style="list-style-type: none"><li>○ After the canal has been cleaned, the dentist fills and seals the canal.</li><li>○ The opening of the tooth is then sealed with either a temporary or permanent filling.</li></ul>

**Root Canal Surgery:**

Sometimes root canal surgery is needed when a regular root canal treatment cannot be done or when it has not worked. Surgery is done to:

- Check the end of the root for fractures (cracks).
- Remove parts of the root that could not be cleaned during regular root canal treatment.
- Clear up an infection that did not heal after regular treatment.

### **3.6 FILLINGS, INLAYS & ONLAYS**

**General:**

To fill a cavity, your dentist may first give you “freezing” (or local anesthetic), so you do not feel any pain. Your dentist then takes out all traces of decay, shapes the hole and fills it.

**Material Options:**

- **Dental amalgam** is the best-known direct material.
- **Cast gold** allows is the most durable indirect material.
- However, **ceramics** are gaining in popularity because of their longevity relative to other tooth-coloured materials.

**Types of Fillings:**

Type	Details
<b>Direct Filling</b>	<ul style="list-style-type: none"><li>○ These fillings go right into the cavity, after your dentist has cleaned out the decay.</li><li>○ Amalgam (or silver) fillings and plastic (or white) fillings are examples of direct fillings. They harden quickly.</li><li>○ Most of the time, you will be able to have a direct filling put in place in one appointment.</li></ul>
<b>Indirect Filling</b>	<ul style="list-style-type: none"><li>○ Examples of this type of fillings are crowns (or caps) and inlays.</li><li>○ They are custom made in a lab to fit your tooth.</li><li>○ Your dentist cements the filling in place.</li><li>○ Most indirect fillings take two or more appointments to complete.</li></ul>

## **4. COSMETIC DENTISTRY**

### **4.1 VENEERS**

**General:**

Veneers are thin shells that are attached to the front part of teeth. They are often made of porcelain or composite resin.

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- Porcelain veneers are stronger than composite resin veneers and do not change colour or stain.
- Generally, porcelain veneers take at least 2 dental visits to apply and composite resin veneers can be done in 1 visit.
- Porcelain veneers last longer than composite resin veneers.

### Composite Resin – Process:

Steps	Details
1.	<ul style="list-style-type: none"><li>○ Much like bonding, your dentist puts a mild chemical on the front surface of the tooth to be veneered to make it a little rough.</li><li>○ This helps the composite resin to stick to the enamel of the tooth.</li></ul>
2.	<ul style="list-style-type: none"><li>○ The composite resin that matches the colour of your natural teeth is chosen so that the veneer blends in with your teeth.</li><li>○ Your dentist then puts the composite resin on your tooth in layers.</li><li>○ A bright light is used to harden each layer of the composite resin.</li></ul>
3.	<ul style="list-style-type: none"><li>○ After the last layer of composite resin is hardened, your dentist shapes and polishes it to form your tooth.</li><li>○ The finished tooth looks natural and smooth</li></ul>

### Porcelain – Process:

Steps	Details
1.	<ul style="list-style-type: none"><li>○ With porcelain veneers, your dentist may give you a local anesthetic (freezing).</li><li>○ Your dentist then removes a thin layer of the enamel from your teeth to make room for the veneers.</li><li>○ Then your dentist makes a mold of your teeth. This mold is used to custom-make your porcelain veneers.</li></ul>
2.	<ul style="list-style-type: none"><li>○ In the meantime, your dentist may place temporary veneers to replace the portion of the tooth that was removed.</li><li>○ These are worn until your porcelain veneers are ready.</li><li>○ The temporary veneers are very fragile and need to be treated gently during eating and cleaning as they come loose very easily.</li></ul>
3.	<ul style="list-style-type: none"><li>○ On your next visit, your dentist removes the temporary veneers and puts a mild chemical on your teeth to make them a little</li></ul>

	<p>rough.</p> <ul style="list-style-type: none"><li>○ This helps the porcelain veneers stick to your teeth better.</li><li>○ The porcelain veneers are then glued to your teeth one by one, using composite resin cement.</li></ul>
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**4.2 BONDING**

**\*Information obtained from Canadian Dental Association.**

**General:**

Bonding, also known as bonded restoration, is a painless way to make minor repairs to teeth. In most cases, several teeth can be bonded in one dental visit. Bonding uses tooth-coloured material, called composite resin. Composite resin is put on the tooth, then shaped and hardened with light. The composite resin can be:

- Matched to your teeth.
- Shaped to look like the missing part of a chipped tooth.
- Used to build up teeth and fill between them.
- Used on a broken tooth to restore it to size.
- Painted over a stained tooth to make it match the colour of your other teeth.

**Bonding Process:**

Steps	Details
1.	<ul style="list-style-type: none"><li>○ Your dentist places a matrix between the tooth being treated and its neighbouring tooth.</li><li>○ A matrix is a thin, clear plastic film that protects other teeth from stray composite resin.</li></ul>
2.	<ul style="list-style-type: none"><li>○ Your dentist then puts a mild chemical on the tooth to make it a little rough. This helps the composite resin to bond or stick to the enamel of your tooth.</li><li>○ The composite resin that matches the colour of your natural teeth is chosen so that the bonding blends in with your teeth.</li><li>○ Your dentist puts the composite resin on your tooth in layers.</li><li>○ A light is used to harden each layer of the composite resin.</li></ul>
3.	<ul style="list-style-type: none"><li>○ After the last layer of composite resin is hardened, your dentist shapes and polishes it to form your tooth.</li><li>○ The finished tooth looks natural and smooth.</li></ul>

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4.

- At your next dental visit, your dentist will examine the bonding and polish it if needed.
- Over time, the bonding may wear down and your dentist may touch up the bonding with more composite resin.

### 4.3 WHITENING

#### General:

Although teeth are not naturally meant to be completely white, many Canadians want a brighter smile. Responding to this desire, a wide range of "whitening" options has become available to consumers. These products fall into two main categories:

- Surface whiteners
- Bleaches

#### Whitening Categories:

Category	Details
Surface Whiteners	<ul style="list-style-type: none"><li>○ Most products in this category are either toothpastes or chewing gums.</li><li>○ These products use special abrasives to improve the product's ability to remove surface stains.</li><li>○ Because the special abrasives in these whitening products are often only finer versions of what is used in regular toothpastes, they are unlikely to cause excessive tooth wear.</li><li>○ However, the effectiveness of these products is limited to surface stains and should not be used as a substitute for professional cleaning.</li></ul>
Bleach Whiteners	<ul style="list-style-type: none"><li>○ Most bleaching products are peroxide-based and are actually capable of altering the colours of the tooth itself.</li><li>○ However, not all tooth discolourations respond to tooth-bleaching treatments.</li><li>○ Individuals contemplating tooth-bleaching should consult with a dentist to determine the cause of the tooth discolouration and to determine whether a bleaching treatment will have the desired result.</li><li>○ This step is especially important for patients with fillings, root canal treatments, crowns and/or with</li></ul>

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extremely dark stains on the anterior teeth.

### Bleaching Techniques:

Technique	Details
Vital Bleaching	<ul style="list-style-type: none"><li>○ This is done on "living" teeth and can be used to whiten your teeth if they have become stained by food or tobacco, or if they have become dark with age.</li></ul>
Non-Vital Bleaching	<ul style="list-style-type: none"><li>○ This is bleaching done on teeth that are no longer "alive."</li><li>○ If your tooth has changed colour because of a root canal, non-vital bleaching can lighten your tooth from the inside out.</li></ul>

### Bleaching Methods:

Method	Details
Using Heat	<ul style="list-style-type: none"><li>○ Putting a special bleach on your stained teeth and using heat (or heat and light) to start the bleaching action</li></ul>
Using a Mouthguard	<ul style="list-style-type: none"><li>○ Wearing a custom-made mouthguard filled with a special bleach for part of each day</li></ul>
Brushing	<ul style="list-style-type: none"><li>○ Brushing with a special bleach mixed in toothpaste</li></ul>

## 4.4 ORTHODONTIC

\*Information obtained from Canadian Dental Association.

General:

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People of any age can benefit from orthodontic treatment. Teeth that are crooked, crowded, or that stick out affect the way your teeth look and work. Orthodontics is a specialty of dentistry that deals with preventing and correcting malocclusions.

- Orthodontic treatment not only improves the look of your smile but your health as well.
- Straight teeth are easier to clean and less likely to get tooth decay or injured.
- If you are not happy with the way your teeth look or work, orthodontic treatment may help.

### What is Orthodontic Treatment?

- Orthodontic treatment straightens your teeth so they look and work better.
- Braces or other appliances are used to put gentle pressure on your teeth.
- Over a number of months or years this pressure can move your teeth into the right position.

### Why You May Need Orthodontics:

The position of your teeth and jaws has an effect on your bite. Your bite is how your top and bottom teeth come together. When your top and bottom teeth do not fit together properly, this is called a **malocclusion** or a **bad bite**.

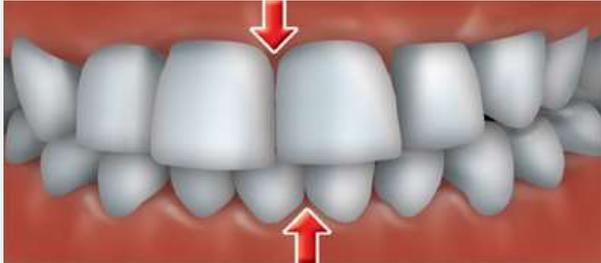
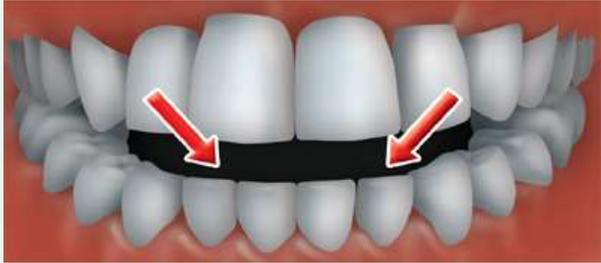
- Problems like missing, crooked, crowded or protruding teeth can contribute to a bad bite.
- Thumb or finger sucking may also affect your bite.

A bad bite can make it hard to chew some foods and may cause some teeth to wear down. It can also cause muscle tension and pain. Teeth that stick out are more easily chipped or broken. Crowded and crooked teeth are harder to clean and may be more likely to get cavities and gum disease. Fixing a bad bite improves your smile and your health. Different types of bad bites include:

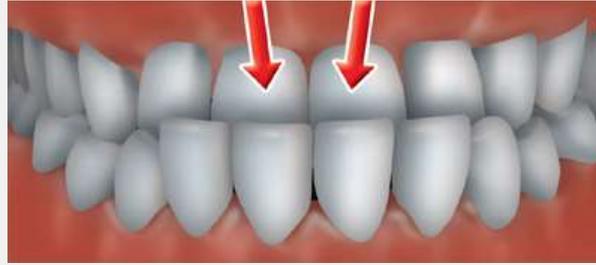
- Overbite
- Crossbite
- Overjet
- Open bite
- Deep bite
- Underbite

### Types of Bad Bites:

Type	Details
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<p><b>Crossbite</b></p>	 <p>A crossbite occurs when one or more of your upper teeth don't line up with the appropriate lower tooth or teeth.</p>
<p><b>Overjet</b></p>	 <p>An overjet occurs when the upper front teeth protrude.</p>
<p><b>Open Bite</b></p>	 <p>An open bite occurs when the back teeth are together and there is an opening between the lower and upper front teeth.</p>
<p><b>Deep Bite</b></p>	 <p>A deep bite occurs when the upper front teeth cover the lower front teeth too much.</p>

**Underbite**



An underbite occurs when the upper teeth fit inside the arch of the lower teeth.

**Types of Orthodontic Treatments:**

Type	Details
<b>Braces</b>	<ul style="list-style-type: none"><li>○ Today's braces are smaller and less noticeable. Besides the traditional metal braces, there are tooth-coloured ceramic braces that are less noticeable.</li><li>○ Clear aligners are also available for adults. Braces and elastics can also be multicoloured.</li><li>○ To apply braces, your dentist or orthodontist attaches brackets (or bands) to each tooth with glue.</li><li>○ Arch wires are fitted into all the brackets and are usually held in place with rubber or wire ties.</li></ul>
<b>Headgear</b>	<ul style="list-style-type: none"><li>○ This treatment uses an appliance that fits around the head or neck.</li><li>○ It guides the direction of tooth movement and jaw growth in someone who is still growing.</li><li>○ There are different types of headgear and they may be worn during any part of the orthodontic treatment.</li><li>○ In most cases it is worn during the evening and at night.</li></ul>
<b>Removable Appliances</b>	<ul style="list-style-type: none"><li>○ Although removable appliances are not as precise as braces, they can move a tooth or a group of teeth.</li><li>○ They are fitted by your dentist or orthodontist.</li><li>○ Removable appliances can be worn before braces are applied, while braces are worn, or on their own to treat specific problems.</li></ul>

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<b>Retainers</b>	<ul style="list-style-type: none"><li>○ Once your braces have been removed, a retainer can be used to keep your teeth in the right place.</li><li>○ Retainers are fixed (attached to the teeth) or removable.</li><li>○ They may need to be worn all the time or part of the time.</li></ul>
<b>Oral Surgery</b>	<ul style="list-style-type: none"><li>○ Tooth removal may be needed if your teeth are crowded or if a tooth is badly out of position.</li><li>○ Jaw surgery (or orthognathic surgery) may be needed when there are major differences in the size or position of the upper and lower jaws.</li><li>○ If your orthodontist thinks you will need jaw surgery, he or she will refer you to an oral and maxillofacial surgeon.</li></ul>

### More on Braces:

You may feel some discomfort for a while when your braces are first put on and when they are adjusted. It will take a little time to get used to your braces and they can bother your lips and cheeks. If this happens:

- A relief wax can be applied to your braces
- To make eating easier after an adjustment, soft foods are recommended.

### Caring for Your Teeth with Braces:

Proper brushing and flossing is even more important for people with braces because plaque can easily build up around the edges of your braces. If this plaque is not properly removed, white or brown marks may appear on the enamel surface of your teeth and these marks may be permanent.

- It is important to brush your braces as well as the front, back and chewing surfaces of the teeth.
- Your dentist or orthodontist will give you tips on how to brush and on how to floss using floss threaders.
- Parents should supervise their children to make sure they do a good job cleaning their teeth and braces and follow the advice of their dentist or orthodontist.

### Caring for Your Braces:

If you have braces:

- Do not bite on hard things such as ice cubes and nuts.
- Do not chew the ends of pens or pencils.
- Avoid sticky treats like chewing gum or toffee because they can loosen braces, distort wires and even pull braces off your teeth.

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If any of these problems happen, you will need to have your braces repaired by your dentist or orthodontist.

- If the elastics or ties come off the bracket, you may be able to put them back around the bracket using small tweezers.
- If a wire is sticking out and bothering your lip or cheek, you may be able to push it back into place with the rubber eraser end of a pencil or it may be carefully cut off with a nail clipper.

When a problem happens, always contact your dentist or orthodontist to have your braces checked as soon as possible. Problems that are not fixed can cause the treatment to last longer.

### 4.5 INVISALIGN

**\*Information obtained from Invisalign.com.**

#### **General:**

Invisalign® straightens your teeth using a custom-made series of aligners created for you and only you. These aligner trays are made of smooth, comfortable and virtually invisible plastic that you wear over your teeth.

- They gradually and gently shift your teeth into place.
- There are no metal brackets to attach and no wires to tighten.
- You just pop in a new set of aligners approximately every two weeks, until your treatment is complete.
- You'll achieve a great smile with little interference to your daily life.

#### **Invisalign® Treatment Process:**

Steps	Details
1.	<ul style="list-style-type: none"><li>○ Your doctor will take x-rays, pictures and impressions of your teeth, which Invisalign will use to create a digital 3-D image of them.</li><li>○ From these images your doctor will map out a precise treatment plan, including the exact movements of your teeth, and tell you the approximate length of treatment.</li></ul>
2.	<ul style="list-style-type: none"><li>○ Using the same technology your doctor will be able to show you a virtual representation of how your teeth will move with each stage of treatment.</li><li>○ While every case is unique to each patient, treatment typically</li></ul>

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	<p>takes approximately a year for adults.</p> <ul style="list-style-type: none"><li>○ For teens the length of treatments is comparable to that of braces.</li></ul>
3.	<ul style="list-style-type: none"><li>○ Based on your individual treatment plan, a series of custom-made, clear aligners is then created specifically for you.</li><li>○ These aligners are made of a smooth, comfortable, BPA-free plastic that won't irritate your cheeks and gums like traditional metal braces often do.</li><li>○ Simply wear them throughout the day, and remove them when you eat or to brush and floss your teeth.</li><li>○ As you wear each set of aligners, your teeth gently and gradually begin to shift into place. And because they're virtually invisible, most people won't even notice you're wearing them.</li></ul>
4.	<ul style="list-style-type: none"><li>○ Approximately every two weeks, you will begin wearing a new set of aligners, advancing you to the next stage of your treatment.</li><li>○ To monitor your progress, you will also have occasional checkups with your doctor, usually only every six weeks or so.</li><li>○ For best results and a timely outcome, you should wear your aligners for 20 to 22 hours per day, throughout your entire treatment.</li></ul>

## 5. SPECIALIZED TREATMENTS

### 5.1 PERIODONTAL TREATMENT (GUM SURGERY)

**\*Information obtained from Canadian Dental Association.**

#### **General:**

Gum disease is one of the most common dental problems adults face, but gum disease can begin at just about any age. Gum disease often develops slowly and without causing any pain. Sometimes you may not notice any signs until the disease is serious and you are in danger of losing teeth. The good news is:

- Gum disease can almost always be prevented
- If it starts, it can be treated
- It can even be turned around (or reversed) in its early stages

#### **How Gum Disease Happens:**

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Steps	Details
1.	<ul style="list-style-type: none"> <li>○ Healthy gums and bone hold teeth firmly in place. Gums attach to teeth just below the edge of the gums.</li> <li>○ Gum disease affects the attachment between gums and teeth.</li> </ul>
2.	<ul style="list-style-type: none"> <li>○ Gum disease begins with plaque. Plaque is clear and sticky and contains germs (or bacteria). It forms on your teeth every day. It also forms where your teeth and your gums meet.</li> <li>○ If plaque is not removed every day by brushing and flossing, it hardens into tartar (also called calculus).</li> </ul>
3.	<ul style="list-style-type: none"> <li>○ Tartar cannot be removed by brushing and flossing. Tartar can lead to an infection at the point where the gums attach to the teeth (called the "point of attachment").</li> <li>○ In these early stages, gum disease is called gingivitis.</li> <li>○ Your gums may be a bit red and bleed when you brush, but you may not notice anything.</li> </ul>
4.	<ul style="list-style-type: none"> <li>○ As gingivitis gets worse, tiny pockets of infection form at the "point of attachment."</li> <li>○ You cannot see them, but you may notice puffy gums, traces of blood on your toothbrush, or a change in the colour of your gums. Your gums will probably not be sore.</li> </ul>
5.	<ul style="list-style-type: none"> <li>○ Over time, the infection breaks down the gum tissue that attaches to the teeth. This is called "attachment loss."</li> <li>○ At this point, you will notice swelling, bleeding or colour changes in your gums.</li> </ul>
6.	<ul style="list-style-type: none"> <li>○ Along with "attachment loss," gum disease causes the bone that holds your teeth in place to break down too.</li> <li>○ If gum disease is not treated, teeth become loose and in danger of falling out.</li> </ul>

### Gum Disease Treatment Process:

Steps	Details
1.	<ul style="list-style-type: none"> <li>○ Your dentist may use a dental tool called a "periodontal probe" to measure where your gums attach to your teeth.</li> <li>○ Healthy gums attach to teeth just below the edge of the gum.</li> </ul>

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	<ul style="list-style-type: none"><li>○ If your gums attach to your teeth below this point, it is a sign of gum disease.</li></ul>
2.	<ul style="list-style-type: none"><li>○ X-rays show how much bone is around your teeth.</li><li>○ If you have gum disease, getting rid of plaque and tartar gives your gums a chance to get better.</li><li>○ That's why in the early stages of gum disease, the best treatment is cleaning by your dentist or dental hygienist to remove built-up tartar, brushing twice a day to remove plaque and flossing once a day to remove plaque.</li></ul>
3.	<ul style="list-style-type: none"><li>○ When gum disease is more serious, your dentist may refer you to a dental specialist called a periodontist.</li><li>○ A periodontist has at least 3 years of extra university training in treating gum disease, and in restoring (or regenerating) bone and gum tissue that have been lost because of gum disease.</li></ul>
4.	<ul style="list-style-type: none"><li>○ A periodontist also treats serious forms of gum disease that do not get better with normal dental care.</li><li>○ When serious gum disease is found, brushing and flossing become even more important.</li></ul>

### Checking Your Gums:

Check your gums on a regular basis for these signs of gum disease:

- a change in the colour of your gums
- gums that are red around your teeth
- gums that bleed every time you brush or floss
- bad breath that will not go away
- a taste of metal in your mouth
- shiny, puffy or sore gums
- teeth that are sensitive for no reason

## 5.2 WISDOM TEETH REMOVAL

\*Information obtained from HealthLinkBC.ca.

### General:

A wisdom tooth is extracted to correct an actual problem or to prevent problems that may come up in the future. Some of the problems that can occur when wisdom teeth come in are:

- Your jaw may not be large enough for them, and they may become impacted and unable to break through your gums.

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- Your wisdom teeth may break partway through your gums, causing a flap of gum tissue to grow over them. Food and germs can get trapped under the flap and cause your gums to become red, swollen, and painful. These are signs of infection.
- More serious problems can develop from impacted teeth, such as infection, damage to other teeth and bone, or a cyst.
- One or more of your wisdom teeth may come in at an awkward angle, with the top of the tooth facing forward, backward, or to either side.

### Wisdom Tooth Removal Process:

An oral and maxillofacial surgeon or your dentist can remove (extract) a wisdom tooth. The procedure often can be done in the dentist's or surgeon's office. You may have the surgery in the hospital, especially if you are having all your wisdom teeth pulled at one time or if you are at high risk for complications.

Steps	Details
1.	<ul style="list-style-type: none"><li>○ Before removing a wisdom tooth, your dentist will give you a local anesthetic to numb the area where the tooth will be removed.</li><li>○ A general anesthetic may be used, especially if several or all of your wisdom teeth will be removed at the same time.</li><li>○ A general anesthetic prevents pain in the whole body and will cause you to sleep through the procedure.</li><li>○ Your dentist will probably recommend that you don't eat or drink after midnight on the night before surgery so that you are prepared for the anesthetic.</li></ul>
2.	<ul style="list-style-type: none"><li>○ To remove the wisdom tooth, your dentist will open up the gum tissue over the tooth and take out any bone that is covering the tooth.</li><li>○ He or she will separate the tissue connecting the tooth to the bone and then remove the tooth.</li><li>○ Sometimes the dentist will cut the tooth into smaller pieces to make it easier to remove.</li></ul>
3.	<ul style="list-style-type: none"><li>○ After the tooth is removed, you may need stitches.</li><li>○ Some stitches dissolve over time and some have to be removed after a few days.</li><li>○ Your dentist will tell you whether your stitches need to be removed. A folded cotton gauze pad placed over the wound will help stop the bleeding.</li></ul>

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### After Surgery Tips:

In most cases, the recovery period lasts only a few days. Take painkillers as prescribed by your dentist or oral surgeon. The following tips will help speed your recovery.

- Bite gently on the gauze pad periodically, and change pads as they become soaked with blood. Call your dentist or oral surgeon if you still have bleeding 24 hours after your surgery.
- While your mouth is numb, be careful not to bite the inside of your cheek or lip, or your tongue.
- Do not lie flat. This may prolong bleeding. Prop up your head with pillows.
- Try using an ice pack on the outside of your cheek. Apply for 15 to 20 minutes at a time for the first 24 hours. You can use moist heat—such as a face cloth soaked in warm water and wrung out—for the following 2 or 3 days.
- Relax after surgery. Physical activity may increase bleeding.
- Eat soft foods, such as gelatin, pudding, or a thin soup. Gradually add solid foods to your diet as healing progresses.
- Do not use a straw for the first few days. Sucking on a straw can loosen the blood clot and delay healing.
- After 24 hours, gently rinse your mouth with warm salt water several times a day to reduce swelling and relieve pain. You can make your own salt water by mixing 1 tsp (5 g) of salt in a medium-sized glass (8 fl oz (250 mL)) of warm water. Do not rinse hard. This can loosen the blood clot and delay healing.
- Do not smoke for at least 24 hours after your surgery. The sucking motion can loosen the clot and delay healing. Also, smoking decreases the blood supply and can bring germs and contaminants to the surgery area.
- Avoid rubbing the area with your tongue or touching it with your fingers.
- Continue to brush your teeth and tongue carefully.