



# SUN TIMES

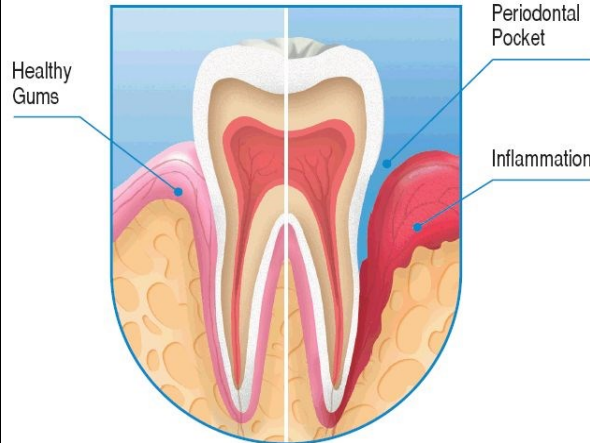
## Deep Pockets: The Need for Deep Cleaning

Sometimes a regular cleaning just won't cut it.

Deep cleaning – formally known as scaling and root planing – is recommended when there are signs of gum disease, such as bleeding, swelling, and deep pockets (5 mm+) around the teeth.

Deep cleaning is also called for when there's calculus (hard buildup) below the gumline, or heavy staining.

These conditions can be caused by poor dental hy-



**Deep pockets around teeth are the primary indication for a deep cleaning.**

giene, dry mouth, food and drink stains, pregnancy gingivitis, and/or juvenile periodontitis.

Left unchecked, gum disease and buildup can lead to mobile (loose) teeth, bone loss,

and eventually loss of teeth.

Before starting, we require a recent, full-mouth set of X-rays to better see all calculus hidden below the gumline. *(Continued on page 3...)*

**Tao Sun DDS**  
13692 Apple Valley Rd.  
Suite #150  
Apple Valley, CA 92308

760-810-7297 phone  
760-810-7299 fax  
taosundds@gmail.com  
taosundds.com

Tues. 8:30 a.m.- 5:00 p.m.  
Fri. 8:30 a.m.- 5:00 p.m.  
Select Thursdays &  
Saturdays  
By Appointment Only

Sun Times  
June 2017

facebook

Facebook.com/TaoSunDDSAV

### WHAT'S INSIDE



Deep Cleaning,  
Continued



Food Groups  
of the Month

# The Best Foods for Your Teeth

June is a hungry month, with three food groups celebrated all month long - dairy, fresh fruit and vegetables, and candy. With the exception of the latter, all of these foods are great for your teeth.

Vegetables contain many beneficial vitamins and minerals for your whole body, and leafy greens such as spinach and lettuce are especially helpful for oral health because they contain calcium and other minerals to build teeth and bones.

A carrot's high fiber content increases saliva production to wash away bacteria and food. It also contains vitamin A, which benefits your gums' health.

Celery is another vegetable that contains vitamin

A and vitamin C for your gums, and the fibrous strings act a bit like a toothbrush to clean away debris.

Among fruit, apples are best because chewing one stimulates saliva, and the fibrous nature stimulates gums.

All fruits are packed with a variety of vitamins for your health, but take care not to eat too many highly-acidic fruits that can wear away enamel. Examples of highly-acidic fruits are citrus fruits, cranberries, grapes, plums, pomegranates, and pineapple.

You can still enjoy these fruits in moderation, and by using a straw when drinking juice, rinsing with water immediately afterwards, and waiting

30 minutes before brushing your teeth.

Another way to reduce acid damage is by eating cheese afterwards, because it lowers the pH level and increases saliva.

This leads us to our next featured food group of the month - dairy - which includes products such as milk, butter, yogurt and the aforementioned cheese.

Dairy products are beneficial to your dental health because they contain calcium, phosphorous, and magnesium for bones and teeth.

Additionally, yogurt contains probiotics that can push out harmful bacteria in your mouth, but most yogurts also contain a lot

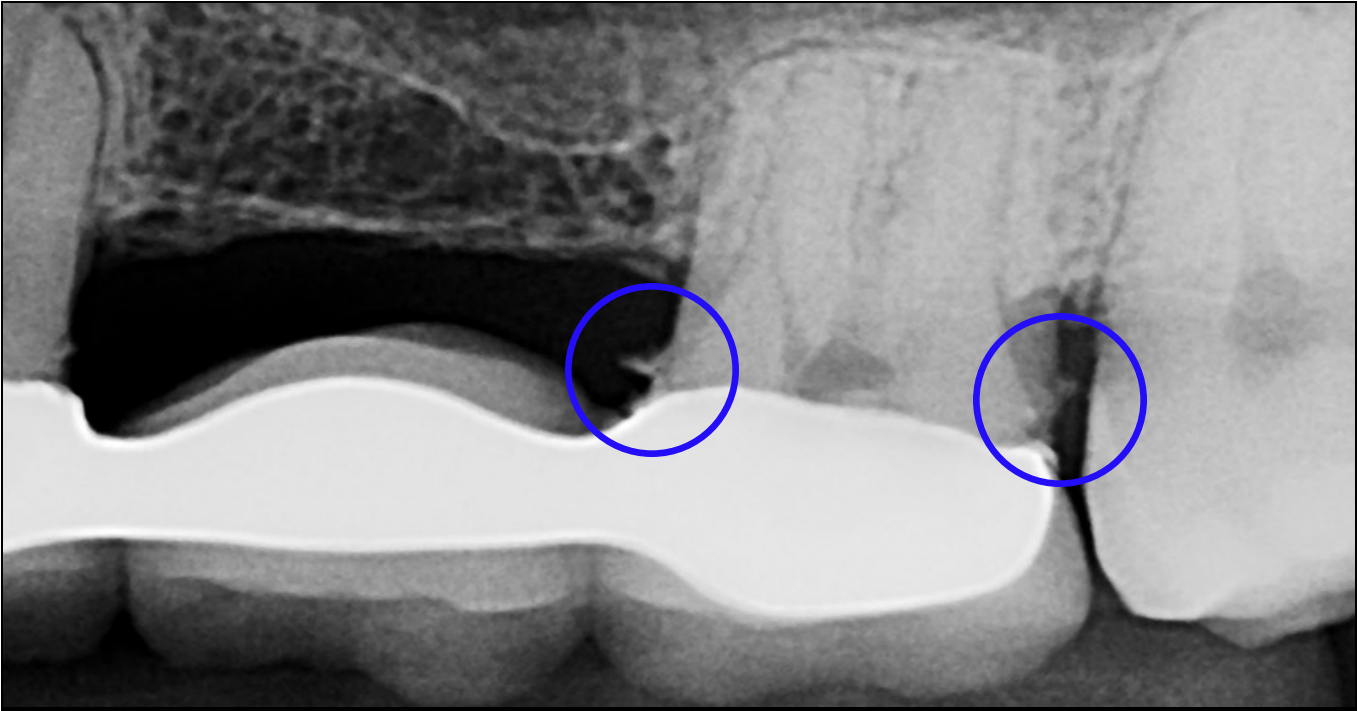
of sugar, so consume in moderation.

Speaking of sugar, the final featured food group of June is candy, a dentist's sworn enemy. But because most people, ourselves included, can't constantly resist the urge to have a sugary snack, we'll provide some tips on how to eat candy in a way that will reduce the chance of getting cavities.

Eat candy - or any form of sugar - infrequently and quickly, to reduce the time teeth are exposed to the sugar. Brush, floss and rinse soon after eating. A better alternative is to eat sugar-free candy.

The mouth is known as the gateway to your body, so keep it healthy by feeding it fruits, vegetables and dairy products.





Calculus, or hard buildup, is visible below the gums on an X-ray, indicating the need for a deep cleaning.

## Deep Cleaning, continued

Because deep cleaning requires cleaning below the gumline, which can be painful, you'll receive an injection to numb the areas that will be cleaned. Typically, we spread the deep cleaning across two appointments, one side of the mouth at a time.

After a deep cleaning, the mouth may be sensitive for a short time. To monitor and maintain your dental condition, we'll place you on a every-three-months cleaning schedule until the conditions have improved enough to return to a normal, six-month schedule.

A deep cleaning can be avoided by following a

proper cleaning routine at home and at our office. We recommend brushing with a soft-bristled toothbrush or electric toothbrush twice a day, after breakfast and before bedtime. Toothpaste containing fluoride will help strengthen your enamel.

When brushing, use the modified Bass technique. Chewing surfaces should be brushed flat, back and forth. The back sides of your front teeth should be gently scrubbed straight up and down.

The inner and outer surfaces of all other teeth should be brushed at a 45 degree angle in small, circular motions. See a

YouTube video at <https://youtu.be/4iIGhqi57es>

Flossing is also essential for good dental health, and we recommend doing it once a day before your nighttime brushing. Pull the thread against all sides of all teeth, being sure to gently go below the gumline.

If flossing is too difficult, a recommended alternative is the Waterpik water flosser or similar products from other brands.

To complete your home cleaning routine, rinse with mouthwash and clean your tongue with a toothbrush or tongue scraper.

It's also important to visit our office at least twice a year to get a regular cleaning to remove any hard buildup before it becomes rampant and requires a deep cleaning. **To schedule a cleaning appointment call us at (760) 810-7297.**

### NEW PATIENT SPECIAL

Full exam, full mouth X-rays and regular cleaning

# \$75

(a \$296 value)