

Bolingbrook Dental Care
136 S. Bolingbrook Dr.
Bolingbrook, IL 60440
630.739.5500



Frequently Asked Questions in Dentistry

We treat many patients and find that we are asked the same questions everyday! We love to answer; After all, that's why we're here! We would like to share some of our frequently asked questions and answers with you, in the hopes that we will uncover some of your dental mysteries!

Q: How often do I need to change my toothbrush?

A: Every 2 to 3 months or when your bristles fray and are worn. Your toothbrush will not be as effective when worn and will not remove plaque from your teeth.

Q: Should I be brushing my tongue also?

A: Yes! The tongue and roof of your mouth! This is a great environment for bacteria to grow! Brushing those areas will help to remove the bacteria that cause bad breath!

Q: What kind of toothbrush and toothpaste is recommended? Too many choices!

A: As long as you are brushing right (and for at least 2 mins), any SOFT brush will do the job! An electric toothbrush may be easier to use for some, but it is a personal preference. Look for the ingredient fluoride in your toothpaste. Fluoride helps strengthen your teeth!

Q: Does sugarless chewing gum really help my teeth?

A: Yes! Chewing sugarless gum and/or gum with xylitol helps to increase the salivary flow in your mouth. This can help to remove the plaque that sticks to your teeth after eating, reduce acids and decrease the chance for tooth decay. But, chewing gum is not a replacement for brushing or flossing!

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630.739.5500**Q: If it's a baby tooth, why fix it? Isn't it going to fall out anyway?**

A: Baby teeth should always be treated. Non-treatment of cavities can lead to infections in the mouth, which can be very painful for children and also affect the forming permanent tooth buds. Also, if the tooth is removed early on, the space for the permanent tooth will not be maintained and can lead to the necessity of Orthodontic treatment (braces) in the future.

Q: What is a sealant?

A: Your teeth are made up of many grooves and crevices. Bacteria love to hang out in these spaces of your teeth! Sealants are a protective coating that is placed most commonly on permanent molars in the grooves of your teeth to prevent cavities. They can be placed as soon as the permanent teeth have fully erupted, usually beginning at 6-7 yrs old.

Q: When should I bring my child in for their first dental visit?

A: It is ideal to bring in your child as early as 1 year old or within 6 months of their first tooth erupting. It is a good habit to bring them in early to help them get familiar with the atmosphere, dental chair, assistants, dentist and the instruments used.

Q: How often should I see the dentist?

A: It is important to see your dentist every 6 months for routine exams and cleanings. Your dental health can change from month to month. Regular visits will help prevent and detect many dental conditions early on. The faster we catch it, the easier it is to treat it!

We hope that some of *your* questions have been answered!

Please visit our website:

www.bolingbrookdentalweb.com