



I am afraid of going to the dentist ... What can I do?

Fear of the dentist is quite common for many people. Main Street Dental Clinics is well aware of the prevalence of dental anxiety and we are properly trained to work with you in helping you to overcome these fears. You will find we are eager to work with you to make your visits comfortable and pleasant. Asking questions about your mouth and proposed treatment will help to remove fear of the unknown and give you an opportunity to become involved in your dental health. Most importantly, remember that your Main Street Dental Clinics team is eager to work with you, not just on you, in order to achieve a mutual goal - maintaining the health of your smile.

What causes cavities?

Certain types of bacteria can attach themselves to hard surfaces like the enamel that covers your teeth. If they're not removed, they multiply and grow in number until a colony forms. More bacteria of different types attach to the colony already growing on the tooth enamel. Proteins that are present in your saliva (spit) also mix in and the bacteria colony becomes a whitish film on the tooth. This film is called plaque, and it's what causes cavities.

What is gum disease?

Gum disease(gingivitis) or periodontal disease is the number one cause of tooth loss today. The reason you lose teeth from gum disease is because this disease attacks the gums as well as the bone, which are the foundation in which your teeth rest. Bleeding gums are the first sign that there may be a problem with the gums. Puffy, tender red gums are also a sign that there is an infection present. Bleeding gums, however, are not always present even in severe cases of gum disease. Gum disease will not go away by itself or with improved home care. This is because the plaque has become cemented to your teeth like a hard calcium deposit. The only way of removing plaque deep under the gums is with professional cleanings.

I'm interested in changing the shape of my teeth. What are my options?

Several different options are available to change the shape of teeth, make teeth look longer, close spaces between teeth or repair chipped or cracked teeth. Among the options are bonding, crowns, veneers, and re-contouring. Talk to your dentist to see if one is right for you.