



Frequently asked Questions

How often do I need to visit a dentist and how many time a year should I have my teeth cleaned?

It is recommended that you see a dental office whenever you are having pain or discomfort in your mouth or teeth and you should have your teeth cleaned at least twice a year. Some patients will require more frequent cleanings depending on homecare, tartar build up and overall health of their mouth.

How old should my child be to visit the Dentist?

We recommend that when your child is around the age of 2yrs they start by coming in when one of their parents is getting their teeth cleaned so they can get comfortable with the office and see what happens during a regular checkup.

What kind of toothpaste should I be using?

We recommend that you use a toothpaste with fluoride in it and one that doesn't contain a whitening ingredient. The whitening ingredient tends to be to abrasive and can cause sensitivity and root surface abrasion.

Do you accept my dental insurance?

We accept most dental insurance plans. Each dental case is different but we will be more than happy to work with you and your dental policy to maximize your dental health.

Are silver fillings safe?

This issue is being debated in the scientific world. The last information released by the American Dental Association says yes. However, Dr Giles has chosen to place non-metallic restorations called composite and glass ionomers. We will be glad to discuss this issue here in our office with you.