



La Costa Dental Practice Releases Blog Post on Whether Mouthwash Really Works

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Solana Family Dental, a dental office providing La Costa dental services, has announced that they have recently released a blog post on whether mouthwash really works. The article points out that mouthwash can indeed help because it has antimicrobial properties that eliminate harmful bacteria in the mouth that would otherwise lead to gingivitis and plaque. In addition, they can truly freshen the breath as well. And most of all, mouthwash can help protect against cavities because they can help flush out bacteria and other toxins that are usually trapped in the small crevices in between teeth despite brushing and flossing.

Elan Weinstein, a spokesperson for Solana Family Dental, says, "Something to note when it comes to over-the-counter mouthwash is that they are not all created equal. That said, most dentists will advise patients to choose a brand that has the American Dental Association Seal of Acceptance."

She continues, "The reason is that these products with the ADA seal have been tested and proven to be both safe and effective. Additionally, consumers should look for a mouthwash that contains fluoride as well as antimicrobial properties. This combination works best for protecting against cavities and ridding the oral cavity of disease-causing bacteria and species. Once you have settled on a particular brand, you will want to pour

out a cupful of mouthwash, swish it in your mouth for 30 seconds to one minute, and, lastly, spit it out.?

The article concludes that using mouthwash, in addition to brushing twice a day and flossing, is an important daily routine for maintaining a healthy mouth. Those who are not yet using such oral hygiene products may want to get started.

Solana Family Dental, which is also a Solana Beach dentistry practice, makes use of ultramodern technology and best practices for various dental procedures to provide comprehensive dental services. They offer various dental procedures, such as cleaning and prevention, cosmetic dentistry, Invisalign and Clear Protect, periodontal disease treatment, restorations, family dentistry, teeth whitening, and dental emergency procedures.

The dentists at Solana Family Dental want to stress that "prevention is better than a cure," which is why they offer regular cleanings and prevention. Preventive measures help to preserve natural teeth and helps people avoid any unnecessary medical expenditures resulting from serious dental diseases and conditions. These measures include regular dental exam and professional cleaning.

During a patient's first visit to the dental office, they will conduct a thorough dental examination and cleaning. Their comprehensive examination will include: digital, low dose radiographic examination as necessary; oral cancer screening; gum disease evaluation; examination of tooth decay; examination of existing restorations; TMJ evaluation; head and neck screening; and orthodontic examination (tooth position and bite). Their dental cleaning services will include: removal of calculus (tartar); removal of plaque and accretions; teeth polishing; and fluoride application, if needed. They will also suggest things to do at home to enhance oral health. These include brushing the teeth twice or thrice a day with fluoridated toothpaste, flossing the teeth once a day, and rinsing after meals if unable to brush.

Meanwhile, they also offer cosmetic dentistry services. These include porcelain veneers, teeth whitening, dental implants, dental crowns, and inlays/ onlays. Porcelain veneers are thin but durable porcelain facings that are bonded to the front of the teeth to provide a remedy to chipped, oddly shaped, discolored, and unevenly spaced teeth.

Teeth whitening is provided for patients who have stained or discolored teeth so that they may have an attractive smile again. This is a non-invasive treatment that can restore a person's beautiful smile. And patients have the option of having the procedure performed at the dental facility or doing it at home with the guidance of the dentists. Meanwhile, dental implants make use of an artificial root implanted by a dentist in the jaw to hold a replacement tooth or bridge.

Those who are interested in dental services in La Costa and Solana Beach, California, may want to check out the Solana Family Dental website at <https://solanabeachdentistry.com/>, or contact them on the telephone or through email.

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For more information about Solana Family Dental, contact the company here: Solana Family Dental Elan Weinstein 858-869-1367 elan@increaseyourprofits.com 665 San Rodolfo Dr. #117 Solana Beach, CA 92075

Solana Family Dental

Dr. Sandler and Dr. Kauffman are a mother and a daughter team who have come together in a partnership to offer you the highest quality dental services to achieve that healthy smile.

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