



## Hours of Operation

Monday, Tuesday & Thursday 9am to 6pm  
Wednesday 9am to 4pm  
Saturday 9am to 2pm



## Contact Us

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## Dental Care



## Dental Care

In the past few decades, research has shown us just how important it is to take care of the smile. Proper dental care is intended not only to keep teeth shiny and white and the breath smelling fresh. When you take care of your teeth and gums, you are making a positive impact on your overall health. Consequently, when oral health is lacking, the entire body can suffer.

## Laser Dental

At Laser Dental Associates, we have committed our practice to the care of dental problems with personalized care. We encourage our patients to visit us at least twice a year for preventative care. During these visits, which may begin when a child is still quite young and extend even beyond the loss of natural teeth, your dentist evaluates your unique oral condition so that precise care may be applied. With this continuity of care, we find that many dental problems can be avoided.

The dental care provided by your dentist in the Troy/Sterling Heights area will often be designed to handle plaque, a sticky, colorless film that can envelop teeth and harbor bacteria.

The better we work together to eliminate plaque from the teeth, the better we avoid problems with cavities and gum disease.

<http://www.laserdentalassociates.com/>



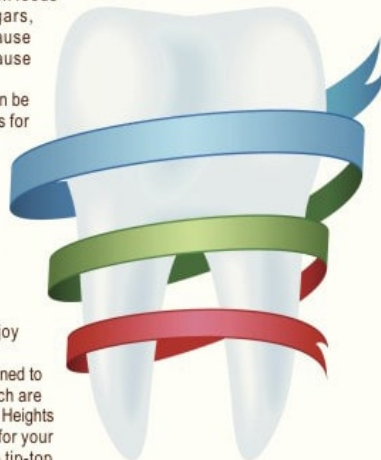
## Plaque

Part of keeping plaque from building up on the teeth is oral hygiene. In addition to administering professional cleanings with a skilled hygienist, we demonstrate for our patients ways in which teeth can be protected through daily hygiene practices at home. During routine examinations, we may discover areas that are not getting cleaned as they should. This type of insight is what leads to better oral health.

Plaque is a substance that is encouraged by diet, as well as hygiene. Common foods and beverages that contain sugars, including carbohydrates, can cause plaque and feed bacteria that cause cavities and gum disease.

The long-term impact of plaque can be reduced by trading sugary snacks for healthier alternatives, like nuts and crunchy fruits and vegetables. Cleansing the mouth following the consumption of a sugary treat can also promote oral health by washing away the food source for bacteria.

Our job is to help our patients enjoy healthy, beautiful smiles for life. The dental care we provide is designed to meet your oral health needs, which are unique to you. Contact our Sterling Heights dental practice at 586-838-2017 for your check-up, and keep your smile in tip-top shape.



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