

SUN TIMES

New Year's Resolution:



DON'T
PROCRASTINATE

On Your Dental Health

As 2018 begins, many people have made a New Year's resolution to stop procrastinating.

This may be one of the most difficult resolutions to accomplish because it requires a total lifestyle shift, but it's very rewarding.

Your dental health will benefit, because taking care of complications as soon as they're discovered prevents worsening of the condition, and will save you time and money by avoiding more involved

and expensive procedures.

It all starts with proper dental hygiene at home.

When you're tired or running late, brushing your teeth can be one of the first things you put off until later, but every time counts.

We recommend brushing with a soft-bristled brush and rinsing with fluoride mouthwash twice a day, and flossing once per day.

Regular visits to our office every six

months for a cleaning and exam will help you keep your dental health in top shape to prevent problems, or to catch them early.

This is when it benefits you to make an appointment as soon as your schedule and budget permit to prevent escalation of a problem.

You likely aren't thrilled about having to spend more time and money on your teeth, or perhaps you aren't worried about the problem...
(CONTINUED ON NEXT PAGE...)

Tao Sun DDS

13692 Apple Valley Rd.
Suite #150
Apple Valley, CA 92308

760-810-7297 phone
760-810-7299 fax
taosundds@gmail.com
taosundds.com

Tues. 8:30 a.m. - 5:00 p.m.
Fri. 8:30 a.m. - 5:00 p.m.
Select Thursdays &
Saturdays
By Appointment Only

Sun Times

January 2018

facebook

Facebook.com/TaoSunDDSAV

Tao Sun DDS

**NEW PATIENT
SPECIAL**

\$75

Full exam,
full mouth X-rays
& regular cleaning
(a \$296 value)

Procrastination Leads to Bigger Problems

(Continued from previous page)...because it doesn't hurt yet, but it won't heal itself and will only get worse.

For example, a small cavity will turn into a larger and larger area of decay, going from needing a small filling, to a crown to a root canal to a bridge or implant, and even to extraction.

If a tooth is extracted, it can lead to further problems, such as more de-

cay, shifting teeth and bone loss.

This may seem like a slippery slope, but it really is in one's best interest to take care of dental problems early. So don't forget your teeth in the pursuit of self improvement in the new year!

If you have any concerns about your dental health, call us at (760) 810-7297 to schedule an appointment.

IGNORING THIS > CAN LEAD TO THIS

Cleaning >>>>>> Deep Cleaning
Deep Cleaning >>>> Gum Disease
Gum Disease >>>>> Tooth Loss
Tooth Loss > Decay, Bone Loss, Shifting
Filling >>>>>>>>>>>>>>>> Crown
Crown >>>>>>>>>>>>>>>> Root Canal
Root Canal >>>>>>>>>>>>>>>> Implant
Decay >>>>>>>>>>>>>>>> Extraction
Missing teeth >>>>>>>>>>>>>>>> Dentures

Origins of the



Tooth Fairy

Every recorded human culture has a ritual for disposing of children's lost teeth.

One of the most popular traditions involves giving the teeth to rodents, especially mice, in hopes the child's new teeth will grow in as strong as the critter's. In some cultures, the mouse also gives the child money in exchange for a tooth.

The fairy version of the swap was popularized in the United States, thanks to the traditional "good fairy" character from European cultures, and the wish-granting characters in the Disney films "Pinocchio" and "Cinderella."

The tooth fairy myth has only increased in popularity ever since, and payouts grow as the dollar grows. The average tooth fairy payout in 2004 was \$1.78, and in 2017 it was \$4.66.