



DENTAL CARE

General / Preventative dentistry

Our primary goal at Viva Dental Care and 4U Dental Care is to help patients maintain a beautiful and long-lasting smile.

We provide a full range of preventative services needed to preserve your mouth health and avoid more complex, inconvenient and costly curative treatments.

Studies have linked dental health with overall health (diabetes, heart disease and stroke, respiratory illness in older adults, as well as pre-term and low birth weight babies).

We keep your mouth healthy and monitor for conditions that may put your health at risk.

Finding problems in early stages is important for maintaining and saving teeth and preventing painful and costly emergencies

Together with you we strive for optimum oral health care.

Cleaning

Regular check-ups and good oral hygiene form the basis of lifelong dental health. During your cleanings, a hygienist will examine your mouth for any signs of gum disease and decay to catch problems early, before they turn into a major issue or emergency-type.

Fillings

In our offices in Aurora and Richmond Hill, we use tooth-coloured fillings made out of a silicon dioxide-filled plastic mix called composite resin.

In our practices we haven't used amalgam fillings in over 20 years. Since amalgam fillings contain silver mercury and significant advances in composite resin technology have been made over the last 20 years, composite resins are the best choice. The colour matches your natural teeth and will make your teeth appear brand new and as if they never had a cavity.

In addition to the obvious esthetic advantage, the composite filling is bonded to your tooth and actually supports the remaining tooth structure.

Medium and small composites can last you up to 15 years. (For teeth with large cavities we recommend crowns to support the weakened tooth)

VIVA Dental Care

8900 Yonge Street, Unit 2 , Richmond Hill, ON L4C 0L7
Tel: (905) 597-7750 , Email: info@vivadentalcare.com



Dental Emergencies

At 4U Dental Care and Viva Dental Care you will be see the same day, if you experience a dental emergency that requires immediate attention.

Toothaches, unexpected swellings in your mouth, traumatic injuries to your teeth, gums or jaws are better looked after as soon as possible and we will care for you to get you out of discomfort and back to your healthy self quickly.

Root Canals

Root canals become necessary when the soft tissue / pulp becomes inflamed or infected. Possible reasons for this to happen are cracks, chips, decay or dental trauma and injury.

Root canals help save and retain teeth and prevent extractions and the need for tooth replacements by implants or bridges.

If tooth infections are not addressed they may lead to very painful and in some instances dangerous abscesses, which may spread to adjacent structures like sinuses, eye sockets and throat/neck region.

Dental Crowns

A crown (also called “caps”) can give back structure, strength, function and aesthetics to a tooth with extensive decay or damage.

Designed to fit naturally and functions as a healthy tooth, a crown protects your tooth from further damage.

If more than one tooth are cracked, broken, decayed or worn we can bring back your healthy, natural-looking smile with dental crowns.

The choices of crown materials can be overwhelming and confusing for patients. We mostly use all ceramic crowns or ceramic crowns with metal core. They are extremely durable and long-lasting and create an incredible natural smile! This makes them a very popular choice with patients.

VIVA Dental Care

8900 Yonge Street, Unit 2 , Richmond Hill, ON L4C 0L7
Tel: (905) 597-7750 , Email: info@vivadentalcare.com



DENTAL CARE

In order to design, create and place crowns, we typically need a couple of appointments. Once a crown is in place, your homecare for it is the same as for a natural tooth. Brushing two times a day, and flossing once a day will prevent decay and breakdown. Professional cleanings and preventative exams are equally important.

Oral Hygiene Instructions

Our dentists and support staff will educate you about oral home care at every visit.

From brushing techniques, flossing techniques to information about the latest products and technologies, we can answer all your questions.

Oral Cancer Screening

The Canadian Cancer Society estimated that 4,400 Canadians would be diagnosed with oral cancer and 1,200 Canadians would die from oral cancer in 2015.

Not all oral cancers are found only in people, who smoke or drink alcohol, they can also be diagnosed in people who have no risk factors at all. As with other forms of cancer early detection plays a very important role in the treatment and outcome of this severe health threat. Dentists and dental hygienists are frontline professionals, who look at your mouth closely during cleanings and dental checks.

Your dentist will look for white and red spots, small sores (at times pain free), a sore that bleeds or doesn't heal, colour changes in oral structures, lumps, thickening, rough surface structures or eroded areas, pain, soreness or numbness anywhere in the mouth head and neck region.

Two visits per year are recommended for general care. If you notice unusual changes in your mouth between check-ups, call your dentist office immediately.

Sports Guards

For athletes, who actively play sports that can injure their teeth, a custom fit sports guard is an excellent way to protect their smile.

Tell us about the sports you participate in and we will find the right guard for you. For the fashion conscientious we offer custom colour choices.

VIVA Dental Care

8900 Yonge Street, Unit 2 , Richmond Hill, ON L4C 0L7
Tel: (905) 597-7750 , Email: info@vivadentalcare.com



DENTAL CARE

Night Guards

Unfortunately we not only dream sweet dreams at night. Some of us grinds and clench their teeth at night and cause significant damage to teeth, bone surrounding the roots, chewing muscles and jaw joints.

Often a noticeable sign for grinding is excessive wear, shortening, chipping and flattening of teeth, which in more advanced cases can lead to sensitive teeth when chewing food, pain around the cheeks or in front of the ear and mobility of teeth.

A professionally fitted dental night guard has a precise fit and offers protection for your teeth, so you can sleep soundly and rest assured your teeth won't be harmed, even if you grind.

VIVA Dental Care

8900 Yonge Street, Unit 2 , Richmond Hill, ON L4C 0L7
Tel: (905) 597-7750 , Email: info@vivadentalcare.com