

## ACID EROSION

Are you aware that the foods you eat and drink may actually be damaging your teeth? Some foods are very acidic and can eat away at your enamel leaving the sensitive dentin layer exposed. We can review your diet and show you which foods are more problematic and advise the necessary changes. For the smaller areas of acid erosion, sensitivity can be controlled with desensitizing toothpastes or enamel fortifying pastes/gels. Larger areas may need fillings. If you do eat or drink an item that is acidic, the best thing to do is wait a half hour before brushing. If you brush immediately after, you will brush away the enamel that has been softened by the acid. Feel free to discuss acid erosion with our hygienists.

### SPORTSGUARDS

HOCKEY IS CANADA'S SPORT. WE SEE MORE TEETH BROKEN FROM PLAYING HOCKEY COMPARED TO ANY OTHER SPORT. IF THERE IS THE POTENTIAL FOR CONTACT IN THE SPORTS YOU PLAY, A SIMPLE SOLUTION TO PROTECT YOUR TEETH IS TO HAVE US MAKE A CUSTOM SPORTSGUARD FOR YOU. CHOOSE FROM SINGLE, DOUBLE, AND TRIPLE COLOURS TO MATCH YOUR TEAM COLOURS.

**IN ITALY WHEN A CHILD LOSES A TOOTH, IT IS PLACED ON THE WINDOW SILL AND DURING THE NIGHT, AN ANT WILL TAKE IT AWAY AND LEAVE CANDY IN EXCHANGE.**

### HOURS OF BUSINESS

Monday—11:30-7:30

Tuesday—11:30-7:30

Wednesday—9:00-7:30

Thursday—9:00-5:00

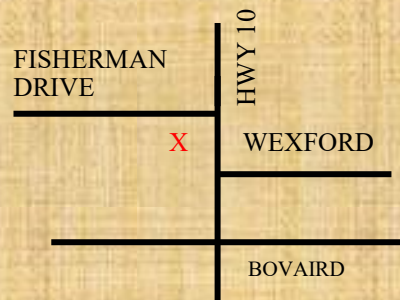
Friday—9:00-3:00

Saturday—9:00-3:00

BY APPOINTMENT ONLY

*We accept emergencies and will try our best to see you within 24hrs.*

### MAP



### Dr. Pat Martino & Associates

13 Fisherman Drive, Unit 13  
Brampton, Ontario  
L7A 2X9

905-495-8597

dr.pat@rogers.com

[www.drpatmartinodental.ca](http://www.drpatmartinodental.ca)

Welcome  
to the office of  
**Dr. Pat Martino**  
and  
**Dr. Michael Zhu**



Check out our website at  
[www.drpatmartinodental.ca](http://www.drpatmartinodental.ca)

**DENTISTRY  
FOR EVERY MEMBER OF  
YOUR FAMILY**

**SERVING THE  
BRAMPTON COMMUNITY  
FOR OVER 20 YEARS**

## Meet the Doctors

### Dr. Pat Martino



Dr. Martino has been serving the Brampton Community since 1992. He offers a wide range of services including cosmetic dentistry, implant surgery and wisdom teeth extraction. His hobbies

include jogging and watching black and white movies.

### Dr. Michael Zhu



Dr. Zhu is a graduate from the University of Toronto, Faculty of Dentistry and is well versed in the newest research and

technology used in the fields of dentistry today. Together with the highly trained team of oral health professionals at the clinic, Dr. Zhu focuses on providing the highest standards in quality and care for his patients every day. Dr. Zhu's hobbies include exploring exotic foods and rock climbing

## OUR SERVICES

**CLEANINGS**  
**WHITE RESIN FILLINGS**  
**VENEERS**  
**CROWNS AND BRIDGES**  
**DENTURES**  
**IMPLANT SURGERY AND**  
**IMPLANT RESTORATIONS**  
**LAUGHING GAS**  
**PIT AND FISSURE SEALANTS**  
**PREVENTATIVE ORTHODONTICS**  
**WISDOM TOOTH EXTRACTIONS**  
**ROOT CANALS**  
**NIGHTGUARDS AND SPORTSGUARDS**  
**TOOTH WHITENING**

### *What you need to know about your baby's oral health*

*If there are no previous concerns, the best age for your little one to have their first dental consult is 3 years old. You should expect the first baby tooth between 4 and 8 months and you should begin to clean the first tooth and mouth with either a clean damp cloth or an infant's toothbrush with saltwater or with non fluoridated toothpaste. Before the first consult, we recommend that you bring your child to your appointments so he or she can become more familiar with the office and staff. We also ask that you speak positively about your dental appointment experience. We try to make each dental visit happy and fun for your child. We use positive words to describe the treatment and the equipment. It is important that parents not use "the needle" as a threat when their child misbehaves which only makes them afraid of us. We would like to build a happy, anxiety-free relationship with them that they can carry on throughout their life!*

**Are you clenching or grinding your teeth? You could be damaging your teeth and jaw joint. Ask us how we can help.**

## OUR HYGIENISTS



Meet Natalie and Melissa, our dental hygienists. They offer gentle and thorough dental cleanings as well as providing you with pertinent information on improving your oral health.

**WANT WHITER TEETH?  
ASK US ABOUT IT!**

**FREE BLEACHING WITH  
YOUR FIRST TIME NEW  
PATIENT EXAM**