

Welcome to Stonebrook Dental, the office of Dr. Nubia Diaz de Cornejo

Stonebrook Dental is where great Oral Health begins!

We are committed to helping our patients achieve healthy and beautiful smiles. From general and preventative services to complete smile enhancement services, we provide comprehensive care, delivered with professionalism and close attention to each patient's unique needs.

Our team is competent and equipped to answer all of your dental related questions. Please do not hesitate to ask your service provider about our offered procedures or visit our website for further details to answer any dental related questions or concerns you may have.

Your greatest compliment to us is your referrals!

Let us express our gratitude by presenting you with a complimentary dental whitening when your friends and relatives book their new patient appointments.

Office Hours:

Monday 8am-6pm
Tuesday 8am-7pm
Wednesday 8am-5pm
Thursday 8am-8pm
Friday 8am-2pm
Saturday 8am-2pm (alternate Saturdays)
Sunday - closed



(416) 636-4227

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4401 Bathurst Street, Suite 302

Taking care of all your dental needs!

Stonebrook Dental provides the following services with you and your family in mind...

Family and General Dentistry...delivering preventative and restorative services for every stage of life

Children Centered Care...on Toddler's Day we provide free dental care to your toddler's as a way to provide a comfortable surrounding and make children feel at ease in the dentist's chair

Cosmetic Dentistry... we offer aesthetic treatments such as in office or take home bleaching products, dental veneers and implants in order for you to be smiling with confidence

Laser Dentistry... providing a choice of treatment options in standard dental care such as Soft Tissue Management

Mild Conscious Sedation... as we know dental treatment can cause feelings of unease we can induce a sense of relaxation for the duration of your visit

Invisalign™... the modern, comfortable and invisible way to straighten your teeth

Gingival Grafting... using Alloderm to repair and restore your gums to health

Important tips and facts about your teeth and gums

5 Easy Steps to Good Oral Health

Dedicating a few minutes a day to your oral health as a preventative measure has short term costs but long term benefits. Here are five steps to enjoy healthy gums and teeth.

- **Brush your teeth daily...** we recommend using an electric toothbrush with oscillating action. Check out the Rotadent™ toothbrush display in the waiting room
- **Floss between your teeth daily to remove dental plaque...** there are numerous products offered to meet your flossing needs such as regular floss, a dental floss holder, interdental brushes (for braces and/or bridges), picks and irrigators
- **Rinse using an antiseptic mouthwash...** daily use of an antiseptic mouthwash kills bacterial plaque that may lead to cavities, gingivitis and bad breath. We highly recommend the use of mouthwash with fluoride for children to prevent against tooth decay
- **Make healthy food choices...** there is something valid about the saying eat your spinach. Nutritional food choices low in sugar are good for your oral and overall health
- **Get regular professional dental hygiene care...** your strongest defense to maintain good oral health is routine visits with your dental hygienist

As many as 1 out of 2 Canadians have gingivitis...but what is it exactly?

Gingivitis, also known as inflammation of the gum tissue, is the mildest and most common form of periodontal disease. Gingivitis forms in response to bacterial biofilms, also known as plaque, that has adhered and built-up on tooth surfaces. Symptoms of gingivitis are gums tissues that are red, swollen and bleed easily when brushing or flossing. It is important to treat gingivitis when first detected as it may progress into periodontitis which is a destructive form of periodontal disease and may also cause tooth decay.

Known health risks associated with periodontal disease are stroke, heart disease, diabetes, respiratory infections and oral cancer. The risk for periodontal disease increases with age, poor oral hygiene, and smoking.



Dr. Nubia Diaz de Cornejo, DDS
Family, Laser, Cosmetic and Implant Dentistry

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