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## Dental Check up

Have you ever wondered why the American Dental Association and your Dentist recommend you to come back every six months? It is because regular dental visits are essential for the maintenance of healthy teeth and gums. In between those six months it is important that you work to keep your teeth and gums clean and healthy. If you need additional help, your dentist may suggest more frequent visits.



Here are what healthy teeth and gums look like after a dental cleaning.



Plaque and tartar can build up in a very short time if good oral hygiene is not practiced between visits. Food, beverages, and tobacco can stain teeth as well.



If not removed, soft plaque can harden on the teeth (form tartar) and irritate the gum tissue.

### The Regular Dental Visit

During your regularly- scheduled dental appointments your dentist will likely look at your gums, mouth, tongue and throat.

Oral health care is provided by team of oral health staff including dentist and dental assistants.

### THE CLINICAL EXAMINATION

- Examine the gums
- Look for signs of gum disease
- Check for loose teeth
- Look at the tissues inside your mouth
- Examine your tongue
- Check your tongue
- Check your bite
- Look for visual evidence of tooth decay
- Check for broken teeth
- Check for damaged fillings.

- Look for the changes for the gums covering the teeth
- Evaluate any dental appliance you have
- Check the contact between your teeth
- Take X- rays if required.

### THE DENTAL CLEANING

1. Eat well balanced, healthy meals. Limit snacking between meals and consumption of sugary and acidic foods and drinks.
2. Clean teeth thoroughly twice a day with a soft toothbrush and using fluoride toothpaste.
3. Check the cleanliness of your teeth and gums.
4. Remove any plaque and tartar
5. Polish your teeth
6. Floss between your teeth
7. Drink lots of water, taking frequent sips throughout the day. Drink fluoridated water where possible.
8. Chew sugar-free gum to increase saliva flow.
9. Quit smoking to improve oral and general health.
10. Have regular dental checkups.
11. Review recommended brushing and flossing techniques.

Once your examination and cleaning have been performed, your dentist will tell you about the health of your teeth and gums and make any additional recommendations. By seeing your dentist on a regular basis and following daily good oral hygiene practices at home, you are more likely to keep your dentist and dental hygienist. And make regular visits to the dental office.

Remember, prevention is the key.