

The Importance of Regular Visits

Why does your dentist want to schedule another appointment with you so soon - even if today's oral examination was perfect? Regular dental visits are essential to maintaining healthy teeth and gums. For maximum benefit, a good home care regimen must be supplemented with an examination at least every six months. Depending on the status of your oral health, your dentist may recommend more frequent visits.



◀ Teeth & gums immediately after dental cleaning.

▶ Several months after cleaning, teeth can have plaque build-up as well as stains from food, beverages, tobacco, etc.



◀ Over time, plaque build-up can harden into tartar (or calculus) formation.

Checking your teeth for decay is only a small part of a thorough oral exam. During each visit, your dentist (or dental hygienist) will also: check your gums (gingiva) for inflammation, tooth mobility and pockets; examine your mouth for indications of possible cancer, diabetes and vitamin deficiencies; and note any irregularities in your facial structure, bite, saliva and temporomandibular joint (TMJ). Your dentist or hygienist will clean your teeth and encourage you to maintain good oral hygiene.

The Regular Dental Visit

At every regularly-scheduled dental appointment, your dentist examines your teeth, gums, mouth and throat. A regular dental visit may include the following:

HEAD & NECK EXAMINATION

- The Cancer Exam
- Facial Structure Exam
- Palpation of Chewing Muscles
- Palpation of Lymph Nodes
- Temporomandibular Joint (TMJ)

CLINICAL DENTAL EXAMINATION

- Periodontal Exam- including gingiva, periodontal pockets
- Mobility of Teeth
- Mucous Membranes
- Saliva (or lack of it)
- Occlusion (Bite)
- Decay of Teeth
- Broken Fillings
- Erosion
- Removable Appliances
- Contact Between Teeth

DENTAL CLEANING (PROPHYLAXIS)

- Assessment of Mouth Cleanliness
- Scaling
- Polishing
- Flossing
- Oral Hygiene Instructions

After completing the clinical dental exam, your dentist might outline a detailed treatment plan, if necessary, and indicate when you need to return for a follow-up visit. Regular preventive maintenance of this type, along with a thorough home care regimen, helps assure your good oral health.

Be sure to follow the special home care instructions provided by your dental professional.

They Feel Their Best with You and Crest.