

## Preventative Dental Care

Healthy teeth and gums are the ultimate goal of a preventative dental care plan. With good oral hygiene and regular dental check-ups, your teeth may last a lifetime.

### Check-up:

Dental X-rays need to be taken if this is your first visit to this practice or if you have not had x-rays in the last three years. These allow for the detection of dental decay which may not appear on the tooth surface yet and hence may escape detection otherwise.

We can take OPG'S (full mouth x-ray) on the premises.

Your first appointment will take 30-45 minutes.

During this time the dentist will:

- examine your teeth, gums, occlusion (bite), soft tissue, salivary glands and temporomandibular joint
- look for signs of decay, gum disease, failing restorations, erosion, gum recession, infection, tooth wear, oral cancers, and bite problems.
- assess the need for any treatment, early intervention or modifications to care regimes
- discuss the outcomes of all investigations with you
- provide a treatment plan, if needed

The dentist or hygienist will then:

- scale of all the teeth to remove the hard deposits that cannot be shifted with tooth brushing and polish and surface stains.
- Apply fluoride to the teeth to help prevent caries (this enriches the surface enamel in fluoride which is less susceptible to the bacterial and dietary acids which lead to tooth decay)
- Take digital Intra-oral Photos to inspect the teeth and gums at high magnification (these will be displayed on a monitor for you to see) allowing accurate detection of areas requiring close attention and monitoring.
- Store the images for future referral to closely track changes in the oral condition

### Recommendations:

- have a dental check up every six months
- X-rays and photos are taken once every 3 years unless a dental disease must be investigated further.

Payment is required on the day of treatment

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