

When Was Your Last Dental Cleaning?

May 5th, 2012



You water the garden three times a week, you change your car's oil every three months, and you replace the batteries in your smoke detectors once a year. Your teeth need to see your dentist on a regular schedule, too.

While daily oral hygiene habits are essential to good oral health, professional dental cleanings at our office ensure your teeth are treated to a deeper level of cleaning. We recommend for most of our patients to have a checkup at least every six months. In addition to a thorough cleaning and polishing of your teeth, these regular visits help us detect

and prevent the onset of tooth decay and periodontal (gum) disease. During your visit, we'll check the health of your mouth, teeth, gums, cheeks, and tongue. We'll also check old fillings and restorations, as these can wear away over time from constant chewing, grinding, or clenching.

If you are predisposed to oral diseases, you may need to visit our office more often than every six months. Factors at play in these diseases include age, pregnancy, tobacco use, medical conditions (such as diabetes, dry mouth, or HIV infection), along with how well you take care of your teeth on a daily basis.

Make sure your teeth get the professional attention they deserve – If you're overdue for your next cleaning, check with our office to schedule an appointment!