

The Importance of Regular Exams

Serious conditions begin as treatable problems. Maintain your oral health with good oral hygiene and regular dental exams.

Tartar Buildup

Plaque, which is sticky film of food and bacteria that forms constantly on your teeth, can harden in as little as 24 hours to become tartar. Even with proper brushing and flossing, most people aren't able to remove all the plaque every day. The result is tartar buildup.

Gingivitis

Plaque and tartar build-up are the main cause of gingivitis. Gingivitis is reversible, but if untreated, it can lead to periodontal disease, which is an infection that causes receding gums, bone loss, and sometimes tooth loss.

Tooth Decay

The bacteria in plaque also causes tooth decay. A small cavity can easily be fixed, but if it grows into the softer inner dentin layer of the tooth, it can reach the pulp chamber very quickly, causing pain and further infection.

Failed fillings can also lead to more decay. Unless it's treated early, decay will most likely lead to a need for root canal treatment and crowns. Misaligned or missing teeth can contribute to problems with jaw joint, such as pain and soreness, difficulty in opening and closing your mouth, and earaches.

Regular Checkups Allow Us to Treat Problems Early

To keep these dental problems from becoming serious, we recommend twice yearly checkups. Regular cleanings enable us to keep tartar from accumulating on your teeth.

During your regular visits, we will also perform a thorough exam to check your gums, measure the bone levels around your teeth, look for cavities, check your restorations, and examine your bite.

Brushing: The Right Technique

Angle the bristles of the brush along the gum line at a 45-degree angle and apply gentle pressure so the bristles slide under the gumline. Vibrate the brush while you move it in short back and forth strokes and in smaller circular motions. Brush 2 or 3 teeth at a time and then move on to the next tooth, allowing some overlap. To brush the backs of the front teeth, tilt the brush and use the tip of the brush.