Importance of Regular Exams

Because of our commitment to preventive dental care, we recommend a checkup every six months. Most dental problems start small, but then they go through a rapid growth phase. Regular checkups enable us to catch these problems before they become serious conditions:

- Plaque buildup
- Gingivitis
- Cavities
- Cracked or leaking fillings
- Bad bite



We check for any changes



Signs of periodontal disease



Cavities need to be filled

Serious conditions begin as treatable problems

Plaque, which is a 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.

Plaque and tartar buildup are the main cause of gingivitis, which is an inflammation that makes gums swell and bleed. Gingivitis is reversible, but if it's not treated, it can lead to periodontal disease, which is an infection that causes receding gums, bone loss, and sometimes tooth loss.

The bacteria in plaque also cause 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 the 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.

Regular exams are the best way to eliminate the growth phase of dental problems, and minimize the time and money you spend in the dental chair.

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