



WHAT ABOUT OTHER TREATMENTS?

This advice is about routine cleanings only. You may have other appointments for treatments such as fillings, or for emergency treatment.

If you have problems with your teeth between check-ups, contact your dentist for an earlier appointment.



WHEN SHOULD MY NEXT DENTAL CLEANING BE?





Dental cleanings aren't one-size-fits-all. If you have healthy teeth and gums, we may only need to see you once a year. If you're undergoing certain treatments or have certain risk factors, we'll want to see you every six months or maybe even more frequently. Bottom line: Your dental appointments are as unique as your smile.

WHY IS AN ANNUAL EXAM IMPORTANT?

It lets the dentist see if you have any dental problems and helps keep your mouth healthy. In most cases an exam is performed by your dentist annually at a cleaning appointment. Having an exam each year allows the dentist and hygienist to prevent problems or treat them early — later detection could make treatment more difficult in the future.

WHAT HAPPENS AT EACH VISIT?

At each check-up, your dentist or hygienist will:

- examine your teeth, gums, and mouth
- ask about your general health and any problems you've had with your teeth, mouth, or gums since your last visit

- ask about and offer you advice on your diet, tobacco use, and home care habits
- discuss with you a date for your next cleaning.

HOW OFTEN SHOULD I COME BACK FOR A CLEANING?

After your cleaning and exam, your dentist will recommend a date for your next appointment, and discuss this with you.

The time between your cleanings could be as short as 3 months or as long as 1 year.

Generally speaking, the lower your risk of dental problems, the longer the gap will be before your next cleaning. This may vary at different times in your life depending on the condition of your teeth, gums, and mouth — or other changes in your health or lifestyle.