

One of the most important things your dentist can do for you is a thorough examination.

There are 10 really important elements to your examination.

**Prevention is key:**

Most dental disease is preventable, and at Dentalcare our aim is to ensure our patients receive the best that modern, preventive dental care has to offer from our committed team of dental health care professionals. Healthy gums and teeth for life should be achievable for most people, so it's really important that you come regularly, so that your dental team can monitor you for any new dental disease. And just as important, they can see if your oral health has improved since your last visit and give you advice on how to prevent problems in the future.

**Remember:**

if you don't understand anything your dentist says to you, please **ASK QUESTIONS**, and **KEEP ASKING**, until you fully understand.

**Did you know:**

An amazing **90%** of the population has some form of gum disease and the majority of people don't know they've got it! In 1998 more than 1 in 10 people in the UK had no natural teeth.

Many people think it's normal for their gums to bleed when they brush their teeth... **But it's not!** Healthy gums look and feel great, unhealthy gums spoil even the most dazzling smile.

**Ask your dentist what your hygienist can do for you.**

**2** **Medical history update**  
Your dentist will also check on your general health, before deciding on a treatment plan with you

**3** **Whether you can chew and eat anything you like**

**4** **How happy you are with the appearance of your teeth and smile**

**5** **Check your mouth lining**

- Mouth ulcers
- White patches
- Infections
- Oral cancer

**1** **Any aches, pain or sensitivity you've had**

**6** **Your bite**  
How your teeth bite together and whether you have enough teeth to eat anything you like

**7** **Tooth decay**  
Whilst not all tooth decay means a filling is necessary, undetected tooth decay that develops into an abscess is a certain route to toothache

**8** **Tooth wear and tear**  
**Can be caused by:**

- Acidic drinks
- Too much citrus fruit
- Grinding and clenching your teeth
- Over-enthusiastic brushing

**9** **Your gum health**  
Your dentist will check to see how healthy your gums are. Untreated gum disease can lead to:

- Bad breath
- Loose teeth
- Pockets between tooth and gum
- Tooth loss

**10** **Treatment options and plan**  
Your dentist will explain what they've found, what your treatment options are, the cost of each option, and help you make a decision about what's best for you

