



Your Preventive Program Appointment

- *This is also commonly called the "checkup and cleaning"*
- It is very important for you to understand that during your preventive appointment, you will receive much more than just a clean. You are receiving a **FULL SPECTRUM** of diagnostic, preventive, and educational services specifically and individually designed to help you keep the best possible smile for a lifetime. Based upon your specific dental needs, your dental team will formulate a program designed to accomplish your dental goals. Some or all of the following procedures will be included in your recall appointment.
- During the **DIAGNOSTIC** phase of your visit we may include
 1. A review and updating of your medical history.
 2. A recording of any changes in your prescribed medications and physical condition.
 3. Necessary X-rays for detecting decay, bone loss and oral pathologies (disease) such as cysts etc.
 4. An examination of your teeth to detect decay.
 5. An inspection of all existing restorations (filling and or crowns) for leakage and cracks which may result in future decay.
 6. Evaluation of your periodontal (gum) tissues.
 7. Checking your biting patterns.
 8. Evaluating possible cosmetic alterations which you may feel will improve your smile.

The **PREVENTIVE** services of your visit may include:

1. Head and neck oral cancer screening.
2. Scaling of your teeth to remove all plaque and calculus (tartar).
3. Polishing of teeth to remove all surface stains.
4. Polishing your restorations.
5. Flossing.
6. Application of fluoride if necessary.
7. Referral to a specialist for specific treatment if necessary.
(ie. Endodontist, Periodontist, Orthodontist or an Oral Surgeon).

The **EDUCATIONAL** aspect of your visit may include:

1. Toothbrushing and flossing instructions.
2. Instructions on specific plaque-control items such as:
Interdental brushes, Wood sticks, rubber tip, Automatic/Electric toothbrushes, Irrigators
3. Dietary discussion (if necessary).
4. Presentation of prescribed dental treatment.

- We hope you can see now that your oral hygiene recall visit IS MORE than just 'a cleaning'. We believe that our patients deserve the benefits of the FULL SPECTRUM of available dental services that can assist in the protection of their overall medical and dental health.
- Please remember, good oral hygiene is a great habit to get into! The rewards of a FULL SPECTRUM Recall Appointment are a healthy dentition, a bright smile and the confidence that you have begun a program that will continue to benefit you for years to come.