

4 Great Reasons Why You Should Have Regular Dental Check-ups

Description



Most people think that if they brush and floss their teeth daily, then everything should be OK. However, this is not the case and regular visits to your dentist are required to keep your teeth in optimal shape. You should try to go see your dentist at least twice a year, to let him or her check for decay and plaque, and if necessary, remove it for you. Keeping your teeth clean and healthy protects you from further infections and a clean mouth is the key to good health. Make sure to search for a [top dentist](#) in your area to ensure a comfortable visit with a caring and knowledgeable staff.

In the past, the dentist was there to administer fillings and pull out rotten teeth if necessary, but now dentists are taking a more preventative approach, where they try to catch issues before they become problems. You may say that you are just too busy to visit a [dentist Noosa](#) locals go to, but going to visit your dentist means that you don't have major problems further down the road. There are many reasons why regular dental checkups are essential and we will look at some of them here.

1. Poor Gums – Gum disease in Australia, and even in other countries around the world, is an ongoing problem. Just because you brush your teeth regularly doesn't mean that you can avoid gum disease. When you go to see your dentist at your regular times, they will look for any changes in the structure of your gums. They will look for any large spaces between your teeth and your gums because this is a sure sign of gum disease. Poor gums can actually affect the rest of your body and lead to ill health.

2. Prevention Is The Key – Many of us already have cavities in our teeth, but because we feel no pain, we wrongly believe that everything is OK. The cavity may be hidden between your teeth and may not be in a prominent place where you chew, and so you feel nothing. Your dentist's

job and the purpose of your twice annual check up is to find these cavities in their early stage. This way, it can be treated early and with the minimum of fuss.

3. Well Equipped – Even though we brush well and we brush regularly, we never get everything totally cleaned. Plaque can build up behind the teeth in places that are hard to reach with the toothbrush. If the plaque continues to accumulate, it will create tartar and this will certainly lead to bad [gum disease](#) and most likely cavities. Your dentist has all the tools necessary to clear away the plaque and the tartar.

4. Early Discovery – When you attend the dentist, they just don't look at your teeth and gums, they also look at other areas like your throat and tongue, to try to spot other potential issues with your health. If you get early treatment with some oral cancers that are spotted earlier, there is a better chance that treatment can address them.

Dental health checkups are an essential part of your dental routine and should always be undertaken twice yearly. Healthy teeth means healthy gums and a more confident smile.

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