

Patient Information – Healthy Mouth, Teeth and Gums

Why should I have regular dental examinations, X-rays and dental hygiene treatments?

At Dental Centre Maroochydore, we take very seriously the trust and responsibility you put in us to help you achieve and maintain a healthy mouth. As part of that, we will endeavour to be as transparent as possible in communicating to you the individual needs you require to achieve this goal.

Regular examinations and cleaning treatments are vital in maintaining gum health, with early identification of disease enabling more minor treatments to be able to resolve the disease. The vast majority of people benefit from 6 monthly preventative examinations and cleans.

An oral cancer screen is also undertaken at every dental examination, it is very important that you have your mouth examined at least once a year even if you no longer have any teeth. Early detection of oral cancer is essential to save lives. Nearly 3 times as many people die from oral cancer compared with cervical cancer.

X-ray examinations are performed at specific intervals according to your individual risk factors, and are important to identify symptomless early tooth decay and disease under the gum that is not otherwise visible in the mouth. We routinely see patients who have no pain, but have hidden decay picked up on X-Rays that is already very close to the nerve of the tooth. We usually take two small X-Rays of your back teeth every two years to check for hidden decay. A full mouth OPG or 3D cone beam X-Ray is taken at less regular intervals according to individual need. In addition we will X-Ray individual teeth and roots of concern as required.

Gingivitis (inflammation and bleeding of the gums) and Periodontal disease (disease of the bone foundation and tooth ligament as well as the gum) are very common diseases of the mouth that are caused by bacterial build-up on the surface of the teeth next to the gums. This build-up is often invisible to the naked eye, but can be easily seen when stained with disclosing solutions or tablets. Periodontal disease is the leading cause of early loss of teeth or implants.

Failure to pick up early symptomless disease will lead to disease progression, and bigger or more complex treatments will be required to resolve this later on. We find that the best way to ensure that you don't miss out on your regular preventative visit, is to book the next recall in advance each time you attend for your routine examination and clean. You will get a confirmation reminder 2 weeks before this date in case you need to change the appointment. You will still get a confirmation reminder the day before your appointment.