

You may refer to your dental hygiene appointment as “just a cleaning.” The truth is.... there is so much more than just teeth cleaning that occurs during your visit.

Good oral health starts with the basics of dental hygiene. While cleaning between your teeth and brushing regularly are an excellent start, they are not a substitute for a professional dental cleaning with a certified dental hygienist.

I sometimes hear this excuse for missing a dental cleaning “*nothing hurts, so my teeth are fine.*” Unfortunately, pain is not a good indicator of oral health. In fact, by the time pain presents itself problems are often much worse (and more-costly!) than they would have been if addressed earlier.

Sometimes patients feel treating cavities with fillings and crowns are more of a priority than a “dental cleaning” when in fact it’s the opposite! If you have stages of gum disease such as swollen bleeding gums, tartar buildup, bone loss and loose teeth---this doesn’t make a very strong foundation for restorative work. You could spend a lot of money on restoring your teeth then potentially lose your teeth to gum disease.

***The key to good oral health is prevention.***

***Here are the reasons why it’s “More Than Just a Dental Cleaning.”***

This a list of what the dental hygienist at PURE Dental Hygiene Care

will address during your appointment:

Oral Cancer screen inside your mouth and face

- Check facial muscles, jaw joint and lymph nodes
- Check gums for blood, pus or pockets
- Evaluate texture of tissues and recession of gums
- Check for obvious decay
- Check fillings for leaks or cracks
- Check for loose teeth or shifting and drifting of teeth
- Check bite for wear, proper function and TMJ problems
- Remove plaque, tartar and stain that can cause decay and gum disease with scaling, polishing and re-mineralize areas when needed
- Patient education, recommendations and instructions to improve oral health
- Evaluate your medical history and how it may affect your oral health

90 percent of all systemic diseases have oral manifestations—a dental hygienist may be the first health care provider to diagnose a health problem in its early stages since many people have regular oral examinations and see their oral health care provider more often than their physician.

The hygienist will report all findings and evaluations to your present dentist/doctor or can offer a referral to a dentist within their referral network.

Before you put off your next dental cleaning, please consider the other essential services that are being provided beyond your cleaning. While regular cleanings are imperative to good oral health, the other services provided could prevent more serious problems moving forward....and may even save your life!

### **Whole Body Health Diagram—worth the visit!**

<https://whole-body-health.fdiworlddental.org/>

FDI whole body health platform is designed to share with you the latest research linking oral health with overall health and support your exploration of these relationships. It is an interactive tool—easy to use and informative. Worth the visit!