

## Your “Routine Cleaning” is Not Routine Here!



We want you to feel that your preventive care (examination and cleaning) visit is as important as your other dental treatment visits. Your continuing-care visit includes many services that are extremely important for your long-term oral health. We don't take these services for granted and we hope you don't either.

At Anzac Avenue Dental, we believe that our Preventive Care Program is one of the most important services that we provide for you and your family. It is through this program that we are able to improve and maintain your overall dental health ensuring you keep your smile for life.

Regular care and maintenance of your teeth and gums is vital, because without it you may end up with oral health diseases such as gum disease, decay, bad breath and even tooth loss. These problems, if left undetected and untreated can cause irreversible effects to not only your teeth and gums but also your general health and life style. These problems are preventable.

At Anzac Avenue Dental we offer a two part preventive care program that has been designed so that our dentists and oral health therapists work closely together to give you the highest quality dental care available. Your regular six monthly preventive care visit will include an examination and discussion with your dentist. This will identify any areas of concern and answer any queries you may have. During the visit, one of our trained oral health therapists, will thoroughly scale your teeth, discuss the ongoing care of your teeth and gums and apply any treatments that the dentist may have recommended.

The examination (check-up) portion of your preventive care visit includes a health history update and a soft-tissue/oral cancer screening. Your dentist and hygienist will:

- examine your bite and your TMJ (temporomandibular joint);
- examine your entire mouth and look for any signs of disease, particularly caries (decay) and periodontal (gum) disease;
- complete any necessary digital radiographs so that we can see the 75% of your mouth that we can't see by looking directly in your mouth;
- and discuss these images with you before your visit is over.

Your dentist will complete your examination and order any necessary medications or treatments.

- We encourage you to ask as many questions as you like.

The prophylaxis (cleaning) portion of your preventive care visit will be provided by your hygienist under the instruction of your dentist. Your hygienist may start with an "air polisher" (an air, water, and flavored baking soda spray) to remove stains and soften deposits. Your hygienist will, of course, polish and floss to remove any remaining stains and give you that "freshly polished" feeling. We use a fluoride solution in our polishing paste for everyone, not only because it strengthens the teeth against decay but also because it has a proven anti-bacterial effect, which helps to prevent periodontal disease. So you see, not only children, but also adults get fluoride treatments in our practice. No matter what your age, you will be given personalized home care instructions and, at your discretion, a final mouthwash.

Your dentist will recommend the best preventive care interval for your dental needs - usually 3, 4, 6 or 12 months. Remember, the six-month interval is not ideal for many patients with ongoing dental problems. We want your preventive care visit to be a pleasant, personally rewarding experience. As always, nitrous oxide (happy gas) is available for your comfort and relaxation. Please help us by notifying us if we fail to meet your comfort expectations.

There are many benefits to maintaining your regular preventive care visits. The Preventative Care Program allows us to develop a special individually designed program for your teeth and gums. We ensure that you have the information you need to make healthy dental choices. Regular examinations also help minimise the need for expensive emergency dental care, because we can detect small problems at an early stage and recommend long term solutions.

Your preventive care program can only be successful if you take an active role in developing and following the plan. Talk to our team about how you can help to keep your teeth for life. Our aim is to provide you with dental care for life, and it is through the Preventative Care program that we can do just that.