

IT'S NOT JUST A CLEANING!

Preventative Care...the Key to Oral Health

Preventative care should serve as a lifestyle for overall health, not the least of which is dental health. **Prevention in dentistry leads to improved long-term oral health and reduced dental costs.** It encourages a bright smile, fresh breath, and an overall good feeling. Prevention is your insurance policy toward a healthier, happier lifestyle.

Our hygienists, Shelby, Jamie, and Hilary, provide excellent service to assist in the maintenance of your overall dental health. Your cooperation can serve to increase your knowledge of your present oral condition. When you keep your regularly scheduled appointments with your hygienist, the following benefits will result:

- **Our hygienist will customize a personal home care and hygiene maintenance** schedule for you, and inform you of any dental products which are appropriate for your particular needs. You will be instructed in the proper methods of tooth brushing, flossing, and adjunctive dental health devices.
- **Your entire mouth will be thoroughly and carefully examined** for periodontal (gum) disease, growths, lesions, and any abnormalities that would affect your general health. This hygiene maintenance appointment will also include **nutrition counseling.**
- **Your teeth will be professionally cleaned and polished** to remove plaque and calculus (tartar) both above and below the gum line, eliminating bacteria that lead to cavities, bad breath, and gum disease.

Although your mouth may appear to be in good health at this time; stress, body changes, life changes, medications, illness, and age can tax your immune system. Maintaining regular re-care appointments with your hygienist and follow-ups with your dentist offers you the assurance that any oral care problems will be addressed immediately.

If you have postponed or missed your last hygiene maintenance appointment, remember: **It's not just a cleaning; it's an investment in your overall health!**



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