

## HOW OFTEN SHOULD I SEE A DENTIST FOR A CHECK UP?

Most children and adults should see their dentist for a regular cleaning and check up every six months. People at a greater risk of oral diseases should have dental check ups more than twice a year. Tobacco and alcohol use, diabetes, pregnancy, periodontal and gum disease, poor oral hygiene and certain medical conditions are some of the many factors that your dentist takes into consideration when deciding how often you need your dental cleaning and check up.

Going to your dentist for regular check ups will help to keep your gums and teeth healthy as well as detect any early problems such as gum disease, oral cancer and cavities. The best way to maintain good oral health is to visit your dentist on a regular basis.

How can do you know how often is best for you? Well, that's where we come in and advise every individual on what is best for them - not best for us.

That's what you will get at our practice.

**The truth, no tooth fairies.**

