

DENTAL CARE - A BENEFICIAL NEW YEAR RESOLUTION

As the new year rolls in, willfully or otherwise we all make new year resolutions with the best intentions of keeping them. Here is one such resolution which is not very difficult to keep and will fetch you benefits almost instantaneously... a great investment on oneself!!



Get a thorough dental check up done... A good check up will involve

- Having a cleaning done every 6 months.
- Any cavities which need to be filled should be attended to as soon as they are diagnosed to prevent unnecessary future nerve involvements.
- People who have undue sensitivity of teeth should consult their dentist on possible Bruxism (clenching of teeth with or without their knowledge) or use of a sensitivity toothpaste to offset the problem. Bruxism is commonly manifested as dull headaches upon waking up every morning, for no apparent reason, which tend to reduce over the day and gradually increase again at night. There may be a

tightness of jaws, a dull ache in the temple area. You may manifest some or all of these symptoms.

- Have a full mouth series of x-rays taken – OPG – to be able to catch decay which may have started between teeth or to monitor bone loss in cases of gum infections.
- Inform your dentist if you are taking any medications for other health related conditions especially Diabetes, Cardiac conditions or High blood pressure (these are the most common) as these will alter the course of treatment slightly and it will be beneficial for your health to have this knowledge made known to the dentist.
- Let your dentist know

if you are noticing spacing of your teeth when there were otherwise no spaces. It could indicate a periodontal problem and bone loss.

Happy New Year!

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Keep the sparkle in your smile

The Dental Care and Implant Centre

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