

# ASK THE PROFESSIONAL



**Q** How often should I have my teeth checked?

**A** Dental problems can unfortunately develop silently. They are ideally best prevented, or at least diagnosed and managed at an early stage. In order to maintain optimal oral health, it is recommended that a Preventive Care Appointment is made every 6 months. Preventive Care Appointments include a thorough dental examination, a comprehensive clean, fluoride treatment, and treatment planning. Dental x-rays are also ideal every two to three years to assist in assessing the health of teeth and gums in hidden areas. A personalised professional approach can help greatly to increase the longevity of the teeth and prevent future problems. For example, did you know that while both manual and electric toothbrushes are great, they require very different techniques in brushing? For manual toothbrushes it is important to have a small head and soft bristles, the brush head should be tilted toward the gum line at a 45 degree angle and a soft circular action used to clean the teeth. For electric toothbrushes the circular oscillating head needs to be held on one tooth at a time making sure the bristles sweep along the gum line. The Smile Team looks forward to assisting you at your next Preventive Care Appointment.

**The Smile Team**  
**11 Doncaster Road, Balwyn North**  
**Call: 9859 8517**