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I Fact Sheet I Dental Cleanings

Dental Cleanings

Next to daily brushing and flossing (including water flossing with devices like the Water-Pik), the most important step you can take to prevent dental disease is regular cleanings and exams at the dental office.

Tarter, plaque and stain will be removed from your teeth and your gums and teeth will be examined for signs of decay and periodontal disease.

The most important thing is catching the signs of dental problems early. A cavity caught early can usually be restored with a filling. If the cavity is allowed to enlarge however, a crown and sometimes even a root canal might be required to address the problem.

