



Preventive dentistry

The key to having healthy teeth and gums and not needing to wear dentures is to take good care of them, both at home and by visiting us regularly for oral health and well-being checks and for hygiene appointments.

Regular dental check-ups enable our dentists to identify potential problems before they develop, saving you time and money. Our check-ups also include mouth cancer screening and so could even save your life.

Our hygiene appointments are vital for your oral health too. Hygienist appointments can make a big difference too in the battle against gum disease. During these we give your teeth a professional deep clean including cleaning between them and below the gum line. This removes stubborn plaque. Plaque is a constantly forming thin and sticky layer of bacteria which can irritate the gums and cause gum disease.

Initial symptoms of gum disease include bad breath and sore, swollen or bleeding gums. With treatment it can be controlled, but if left untreated it can eventually lead to tooth loss and the need to wear dentures. Also, recent research has shown that uncontrolled gum disease is linked to an increased risk of heart disease, strokes, uncontrolled diabetes and other illnesses.