

## HYGIENE RECALL APPOINTMENT

This is also known as a “periodic”, “checkup”, “6 month checkup” or “cleaning” appointment.

**This appointment is far more than just a “cleaning”,** it is a preventative dental exam.

Recent studies have shown an increased link between oral health and systemic disease. The dentist may be the most important doctor you see this year and as medical science reaffirms that head and body are indeed connected, there’s more reason than ever to brush twice a day, floss daily and get dental checkups every 6 months or see a dentist promptly if you have a problem.

**Your appointment will involve the following:**

- Review and update of your medical history, prescribed medications or physical condition
- Take necessary x-rays to aid in diagnosis
- Tour of your mouth with our intra-oral camera, if necessary
- Examination of your teeth to detect decay and perform a decay (caries) risk assessment
- Inspect existing fillings and/or crowns for leaks or cracks
- Evaluate gum tissue conditions..a periodontal screening evaluation will be performed
- Bite check
- Oral cancer check with a visual inspection for hard and soft tissue lesions
- Dietary suggestions as needed
- Evaluate cosmetic needs to improve your smile

Scaling procedure (removal of hard deposits such as calculus, tartar and stain) is performed on individuals in normal or good periodontal health to remove plaque, calculus and stains to prevent caries and periodontal disease. **Since pockets are absent in a healthy mouth,** the scaling and polishing are performed on the clinical crown and into very healthy and shallow sulci.  
Tooth polishing as determined by doctor’s recommendation based on your present oral health condition

- Presentation of necessary dental treatment
- Patient education Video on needed dental treatment—Casey
- Treatment planning for necessary work to be done
- Discussion on recommended time periods between recare appointments

**As you can see, this appointment is more than “just” a cleaning!**

### RIVERSIDE DENTAL ASSOCIATES

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