



**Your “Routine Cleaning”
is *Not* Routine Here!**

We want you to feel that your recare (check-up and cleaning) visit is as important as your other dental treatment visits. Your continuing-care visit includes many services that are extremely important for your long-term oral health. We don't take these services for granted and we hope you don't either.

The examination (check-up) portion of your recall visit includes a health history update and a soft-tissue/oral cancer screening. Your dentist will: examine your bite and your TMJ (temporomandibular joint); examine your entire mouth and look for any signs of disease, particularly caries (decay) and periodontal (gum) disease; prescribe any necessary films so that we can see the 75% of your mouth that we can't see by looking directly in your mouth; and discuss these films with you before your visit is over. We encourage you to ask as many questions as you feel necessary.

The prophylaxis (cleaning) portion of your recall visit will be provided by your hygiene team members in conjunction with your dentist. Your team member may start with an “air polisher” (an air, water, and flavored baking soda spray) to remove stains and soften deposits. Your team member will, of course, polish and floss to give you that “freshly polished” feeling. We use a 1.64% fluoride solution in our polishing paste for everyone, not only because it strengthens the teeth against decay but also because it has a proven anti-bacterial effect, which helps to prevent periodontal disease. So you see, not only children, but also adults get fluoride treatments in our practice. No matter what your age, you will be given personalized home care instructions and, at your discretion, a final mouthwash.

Your dentist will recommend the best recare interval for your dental needs - usually 3, 4, or 6 months. Remember, the six-month interval is not ideal for many patients. We want your recall visit to be a pleasant, personally rewarding experience. Please notify us if we fail to meet your comfort expectations.

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