



## A visit to the Dentist every 6 months is something I must Insist !

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### **Why is it so important to get your teeth cleaned every 6 months?**

Regular dental visits are important because they help to keep your teeth and gums healthy.

During the cleaning procedure, the dentist will remove all the plaque and the tartar buildup,

And check for your overall oral health .

Some people don't like sitting on dental chairs or say, they suffer from dental anxiety based on their own past experience or some stories they have heard from their friends.

But avoiding dental visits is not the solution, as it is going to worsen your existing dental problem thereby proving more tedious to you and the dentist as well.

So, here are a few reasons you should visit your dentist every 6 months .

### **Bacterial regrowth.**

Research shows that **it takes 180 days in an average human being for bacterial regrowth after a cleaning procedure.**Hence it is important that you visit the dentist for cleaning every 6 months .

A short interval of 3-4 months is indicated for patients that have bleeding and excess tartar buildup .However, it may differ from person to person .

Other patients who may require frequent visits include smokers, alcoholics or people with systemic conditions like diabetes ,thyroid etc

### **Protect yourself from tooth decay.**

Some people need to have their teeth cleaned more often than 6 months.

If You have a faster rate of decay you tend to get cavities faster than others.

This six month cleaning helps you identify and diagnose the problem .

Thorough dental screening while cleaning helps you assess the new cavities at an early stage thereby decreasing the dental visits and increasing the cost efficacy for the patients .

### **Prevent plaque buildup**

Plaque is a sticky deposit that clings to your tooth surface and is full of bacteria. This layer further

results in tartar formation and may discolour your teeth .

Brushing twice may help prevent new plaque formation but it won't remove plaque or tartar once its present .

Professional Cleaning by a dentist helps you get rid of this plaque layer and the discolouration caused by the tartar making your teeth look brighter.

### **Periodontitis**

PERIODONTITIS is considered a big red flag when it comes to oral health.

#### **Now, What exactly is Periodontitis?**

It is a gum disease, wherein the bacteria is collected in the pockets and spaces below the gum line, usually due to improper brushing or inadequate oral hygiene . These bacterias slowly damage the bone tissue and jaw bone .

If left untreated, this will progress thereby loosening the teeth from its socket .

### **Halitosis**

Studies show that Halitosis or bad breath affect **1 in 4 people** globally .

The most common cause of bad breath is bad oral hygiene .

The other possible causes may include Dehydration, hyperacidity, dry mouth, tobacco or alcohol consumption.

The best possible treatment for halitosis is maintaining proper oral health by **brushing your teeth twice daily ,cleaning your tongue regularly, keeping yourself hydrated and Professional Thorough Cleaning by your Dentist** twice in a year .

### **How can you prevent gum disease?**

1.Treat your teeth with care.

2.Brushing your teeth twice daily .

2. Rinse your mouth thoroughly after each meal .

3. Limit your snacks.

4. Intermittent sipping. As our saliva has self cleansing properties, swishing water cleans your mouth with every sip, cleaning the residue that bacterias are looking for. Water also dilutes the acid produced by these bacterias in your mouth.



5. Visit your dentist half yearly or on your scheduled appointment.

**Long story short!**

If you have a dental problem, dentists have the solution and you don't have a problem, they make sure you won't have one in the future.

**So remember to book your appointment every 6 months.**