



What Is A Dental Exam?

The dentist or dental hygienist will first go over your child's health history and then examine your child's mouth and teeth. An exam checks the following:

- Your child's general health to make sure you are healthy and can have your teeth cleaned
- Your child's mouth, gums, cheeks, and teeth
- X-rays to look for cavities and bone health

WHAT IS A CLEANING?

After your child's dental exam, his or her teeth will be cleaned and fluoride will be put on the teeth to protect them from cavities. The dentist or dental hygienist will also show you and your child how to brush and floss his or her teeth to keep them healthy.

WHO SHOULD HAVE A DENTAL EXAM?

According to the American Academy of Pediatric Dentistry (AAPD), everyone should have dental check-ups twice a year, starting after the first baby tooth appears.

WHY ARE DENTAL EXAMS IMPORTANT?

Professional dental cleanings remove plaque that causes tooth decay. With regular visits, dentists can spot early tooth decay and help you and your child prevent it from getting worse. Dentists can also fix decayed teeth with fillings and crowns before they cause your child pain. Also, dental sealants can be applied to permanent teeth to help prevent cavities.

Dentists can also discover other medical problems such as diabetes in patients during dental exams.

