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Dental Visit - Dental Checkup and Examination

The dental visit - most people enjoy it but others dread it. Here's an overview of the two most common types of [dental visits](#): a dental checkup and a comprehensive dental examination.

As a preventative measure, twice a year you should schedule an appointment for a routine check-up. During this visit, the dentist will examine your teeth for signs of decay and other potential dental issues. That way, if problems are discovered, the dentist can take measures before those problems become worse.

During your check-up your teeth will get a deep cleaning and the dentist will use a special tool to remove tartar build-up. Your teeth will also get a polishing and an extra strength fluoride treatment. The dentist might also take a few x-rays.

If you've never been to the dentist before or if you are visiting a new dentist for the first time, the dentist likely will perform a comprehensive dental exam. Such an examination is a good way for the dentist to get to know you, your overall state of health and the particulars of your dental health.

During this visit, a thorough examination will take place. The dentist will take a set of full mouth x-rays. These will stay on file and will also help identify abnormalities. In addition to a comprehensive evaluation of your teeth the dentist will look closely at your gums and other soft tissue inside your mouth. Redness or puffiness might indicate gum disease.

The [dentist](#) will also look at your face, neck and chin for swelling and other abnormalities. He or she will also feel your saliva glands and lymph nodes for the same purpose. You'll be asked to open and close your mouth and to move it from one side to another.

The reason for this is to make sure the temporomandibular joint is properly gliding your jaw as you move your mouth. The dentist will check your bite to ensure your teeth are in proper alignment.

The dentist will also want to know about any prescription medications you currently are taking. Either bring your bottles along or write everything down, including the dosage so your dentist can record this in your file. The dentist also will want to make note of any illnesses or diseases you have as some will have an impact on your teeth.

After either type of appointment, the dentist or dental hygienist will discuss with you ways you can improve your dental hygiene routine. He or she will also discuss any further treatments deemed necessary as a result of the examination.

[Cav's Tip: If the high cost of dental care is preventing you from seeing your dentist, then [Click Here](#) to enter your zip code and find out how to save at least 50% on your next Dental Bill.

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