

PATIENT INFORMATION · PREVENTIVE DENTISTRY

Check-ups and cleans

A check-up looks at your teeth, gums and mouth. A professional clean removes plaque and tartar.

What is it?

A check-up looks at your teeth, gums and mouth for decay, gum disease and other changes. A professional clean (scale and polish) removes the plaque, stains and hardened tartar (calculus) that brushing alone can't shift. Problems found early are usually simpler to treat.

Who it may help

- ✓ Everyone, from children to older adults
- ✓ People with bleeding or tender gums, or bad breath
- ✓ Anyone with crowns, implants, bridges or dentures that need checking

Suitability depends on your individual situation and is confirmed after an examination.

How it works



- 1 Hardened tartar builds up along the gum line, where brushing alone can't remove it.



- 2 Your teeth and gums are checked, and X-rays are taken if needed.



- 3 Scaling removes the tartar, including just below the gum line.



- 4 Polishing removes surface stains, leaving the teeth smooth and clean.

Simplified illustration, not to scale. Your own treatment may differ.

What to expect

- 1 **Assessment.** We review your medical and dental history and ask about your cleaning habits.
- 2 **Examination.** Your teeth and gums are checked for plaque, tartar, gum disease and other problems. X-rays are only taken when needed.
- 3 **Scaling.** Plaque and tartar are removed from the tooth surfaces, including just below the gum line if needed.
- 4 **Polishing.** Airflow polishing removes surface stains and smooths the teeth. A fluoride treatment may be applied in some cases.

Most people find a clean comfortable. If your gums are tender or your teeth are sensitive, tell us; we can go gently, use numbing gel or spread treatment over visits.

Things to consider

- **Sensitivity:** teeth or gums can feel sensitive for a day or two, especially after a deeper clean
- **Some bleeding:** inflamed gums may bleed a little during and after cleaning
- **Ongoing care:** results depend on brushing, flossing and regular visits

Aftercare

- ✓ **Brush and floss:** brush at least twice a day and floss daily to remove plaque between visits
- ✓ **Regular check-ups:** many people come every 6 to 12 months; your dentist may suggest a different interval
- ✓ **Healthy lifestyle:** eat a balanced diet, limit sugary and acidic food and drink, and avoid tobacco

General guidance only. Always follow the specific instructions your dentist gives you.

Costs & health funds

Fees depend on your treatment and are confirmed after an examination, with a written estimate before planned treatment starts. Your health fund rebate depends on your fund, level of extras cover, annual limits and waiting periods. We can claim on the spot with Tyro, so on the day you pay any gap. All health funds are welcome.

Questions to ask your dentist

- ? How often should I have a check-up and clean?
- ? Are my gums healthy, and is there any sign of gum disease?
- ? Do I need X-rays this visit?
- ? Is there anything I could change in how I brush or floss?
- ? What might my health fund cover for check-ups and cleans?

Before your appointment

- ✓ Your Medicare card and health fund card, for on-the-spot claiming with Tyro
- ✓ A DVA or concession card, if you have one
- ✓ A list of your medicines, including blood thinners and supplements
- ✓ Tell us about any changes to your health or medicines since your last visit
- ✓ Eat and drink as normal beforehand
- ✓ Arrive about 5 to 10 minutes early
- ✓ Tell us if your gums are tender or your teeth are sensitive, so we can go gently
- ✓ Ask us about SMS or email reminders for your next check-up

General guidance only. Always follow your dentist's specific instructions.

Myaree Dental & Professional Centre

84 North Lake Road, Myaree WA 6154 · Phone (08) 9330 7115
customer@myareedental.com · www.myareedental.com
Advanced Dental Healthcare Pty Ltd (ADHPL) · ABN 48 158 833 713

Scan for the web page
myareedental.com/cleaning-exams

