

Our 11-point approach to health

- 1 Your general health, wellbeing and medication will be discussed to consider their impact on your oral health and treatments.
- 2 We will examine your teeth for decay, sensitivity, fractures, fracture lines and abnormal wear.
- 3 Any gum inflammation, bleeding, gum disease, plaque retentive factors and recession will be assessed.
- 4 We will assess the standard of your oral hygiene and look for plaque, which is a major cause of tooth and gum problems. We can advise how to reduce this in order to keep your mouth healthy.
- 5 Restorations such as fillings, crowns, bridges and veneers will be examined to ensure they are still sound.
- 6 If you wear removable dentures these will be checked for fit, comfort, bite and cleanliness.
- 7 Your bite is assessed, because the way that your teeth meet can affect your jaw, teeth and any dental work present in your mouth.
- 8 We look at the inside of your mouth (tongue, cheek, palate, etc) which can be affected by various health conditions including mouth cancer, reactions to medications and diseases affecting the immune system.
- 9 The outside of your mouth is also observed for anything unusual. We may feel around your salivary glands and lymph nodes as these can be linked to the health of your mouth and your general wellbeing.
- 10 If you suffer with sensitive teeth we will look for the cause and try to reduce it.
- 11 Your jaw joint is checked to see if movements are normal or if any clicks are present. Problems with the jaw joint can lead to tooth wear, breakages and head and neck ache.