



CHARLTON ROAD
DENTAL™

THE IMPORTANCE OF DENTAL CARE.

Why do I need routine dental check ups?



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WHY YOU SHOULD VISIT YOUR DENTIST EVERY 6 MONTHS: MORE THAN JUST A CLEANING

Most of us have heard the advice to visit the dentist twice a year. But between busy schedules, dental anxiety, or simply forgetting, it's easy to put off that routine checkup. However, those biannual dental visits are more important than you might think—not just for keeping your teeth clean, but for protecting your overall health.

Here's why making time for a dental exam every six months is one of the smartest things you can do for your health:



1. EARLY DETECTION OF PROBLEMS

Cavities, gum disease, and even oral cancer often develop silently. By the time symptoms show up—pain, swelling, or bleeding—the issue may have already progressed. A dentist can catch these problems early when treatment is simpler, less invasive, and far less expensive.

2. PROFESSIONAL CLEANING REMOVES WHAT BRUSHING CAN'T

Even with excellent brushing and flossing habits, plaque and tartar can build up in hard-to-reach areas. Professional dental cleanings help remove this build-up, reducing your risk of tooth decay and gum disease. Plus, your teeth will look and feel noticeably cleaner.

3. PREVENTION SAVES MONEY (AND TEETH)

Preventive care is always cheaper than emergency treatment. Regular exams help you avoid bigger issues like root canals, tooth extractions, or gum surgery. Catching a small cavity now, for example, can prevent a root canal later.

4. YOUR ORAL HEALTH AFFECTS YOUR WHOLE BODY

Oral health isn't just about your mouth. Gum disease has been linked to serious conditions like heart disease, diabetes, and even Alzheimer's disease. Inflammation and infection in your mouth can impact your overall health—and regular dental visits can help keep that in check.

5. YOU GET PERSONALIZED ADVICE

Whether it's tips for improving your brushing technique, recommendations for toothpaste, or discussions about orthodontics or whitening, your dentist can offer advice tailored to your needs. It's an opportunity to ask questions and stay informed about your oral health.

6. IT BUILDS A HEALTHIER LONG-TERM ROUTINE

Making dental visits a habit teaches children (and reminds adults) that taking care of your teeth is part of a healthy lifestyle. The more consistent your visits, the less likely you'll face dental emergencies.

BOTTOM LINE: TWICE A YEAR, EVERY YEAR

Think of your dentist as your partner in long-term health. Scheduling an exam every six months isn't just a checkbox on your to-do list—it's a proactive step toward staying healthy, pain-free, and confident in your smile.

So go ahead—schedule that appointment. Your future self (and your teeth) will thank you.



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