

Questions your dentist/dental hygienist may ask you



It is vital that you provide your dentist/dental hygienist with all the information that they need regarding your oral health, to help improve the treatment and advice that you receive. Here are a few questions that you may be asked when visiting your dentist/dental hygienist...

Which toothpaste do you use?

It is common practice to use a fluoride toothpaste to prevent tooth decay. There are also toothpaste formulations specific for whitening, tartar control, gum health, sensitivity and promoting fresh breath. Depending on your personal preferences/conditions, your dentist/dental hygienist may recommend a particular toothpaste to best suit your needs.

What are your lifestyle habits?

Sugary foods and drinks can lead to the production of plaque acids, which attack teeth and cause decay. A poor diet can also affect the immune system and make it easier for bacteria in the mouth to multiply.

Smoking causes your teeth to become discoloured and it can also weaken your immune system leading to oral health problems.

It is therefore important that your dentist/dental hygienist is aware of your lifestyle habits, in order to help you maintain your oral health.

Did you know?

- 1 More than 500 million people across the world now use fluoride toothpastes.
- 2 Coffee, red wine and nicotine can stain the surface of teeth. Your teeth can become discoloured not only on the surface but on the inside too.

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An array of ingredients are used in modern toothpaste formulations – each adding its own unique benefit.

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Do you have a medical condition?

Some dental problems may indicate more serious medical conditions. For instance, diabetes can be associated with tooth decay, gum disease, salivary gland dysfunction and oral candidiasis (a fungal infection in the mouth).

It is therefore important that your dentist/dental hygienist is aware of your medical condition(s), in order to help you maintain your oral health.

Can you tell me about your medication history?

Some medications can complicate your treatment. Oral contraceptives, antidepressants and high blood pressure medications may impact on your oral health. By letting your dentist/dental hygienist know about the medications that you are on, appropriate preventative measures and treatments can be put in place.

Do you have any problems or concerns regarding your oral health?

By asking this question your dentist/dental hygienist will be able to detect and treat your dental conditions appropriately. Most dental conditions, if detected early, can be treated and reversed. However, if they go untreated, root canals, gum surgery and tooth removal may become the only available treatment options.

Can you tell me about your oral hygiene routine?

It is important that your dentist/dental hygienist is able to determine if your oral hygiene regimen is appropriate. They may recommend particular products for you to use or give you some practical tips to improve your oral health. This is vital as poor oral hygiene can lead to problems such as tooth decay and bad breath.

If you have any questions about your oral health, consult your dentist/dental hygienist.

Did you know?

- 1 If you have persistent bad breath it may be a symptom of a more serious underlying condition.
- 2 Good oral hygiene is extremely important during pregnancy as increased hormone levels can cause dental problems to be intensified.

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A healthy adult mouth has 32 teeth – that means there are 160 surfaces to clean!