

# our 16 point approach to health

- 1 We look at the whole of your mouth to provide a complete oral health examination individual to you.
- 2 Medical conditions and medication can affect the health of your mouth and for this reason we ask you about these at every visit.
- 3 We discuss your concerns about your mouth and if you have experienced any changes since your last visit.
- 4 Any fillings, crowns, bridges, dentures or other existing dental work is examined to ensure it is still sound.
- 5 We check for plaque, which is a major cause of tooth and gum problems, and can advise how to reduce this in order to keep your mouth healthy.
- 6 Your gums are examined to screen for gum disease, gum recessions (which may lead to sensitivity) and any other abnormalities that may be apparent.
- 7 Your bite is assessed as the way your teeth meet can affect jaws, teeth and any other dental work in your mouth.
- 8 We look for any signs of wear of your teeth. We can discuss the possible reasons for it, make a plan to prevent further wear and if necessary treat it.
- 9 We look at the inside of your mouth (for example tongue, cheek and palate) as they can be affected by various health conditions and reactions to medications and diseases affecting the immune system.
- 10 You will be given a mouth cancer screening to detect any early signs of the disease. If any suspect lesions are found, you will be referred immediately to a consultant.
- 11 Your jaw joint is checked to see if movements are normal or if any clicks are present.
- 12 Where appropriate x-rays are taken to enable the early detection of decay and to check for possible root or bone problems.
- 13 We encourage children to attend the practice from an early age and provide preventive treatments such as fissure sealants and fluoride treatment where appropriate.
- 14 We will examine the alignment of your and your child's teeth. If teeth cross over, you will be given special brushing instruction and advice about orthodontic treatment because straight teeth are easier to keep clean and healthy.
- 15 Your smile is important and we can advise on treatments to improve the colour and appearance of your teeth.
- 16 Following this comprehensive examination, advice is given and any appropriate treatment is tailored to your individual needs and wishes.

