

The Best Preventive Dental Practices

Please call 310 274 8359 to make your appointment. Periodic hygiene and periodontal maintenance visits are important to keep your teeth and gums healthy for your entire lifetime. A periodic exam is needed to ascertain your current situation for prevention and maintenance.

If you do not have dental insurance or are unhappy with your current dental insurance, please take a look at our QMO dental plan for individuals. The QMO is preventative in nature and provides for the best benefits available in the dental industry. Included in the QMO are 4 preventive appointments per year.

Please use the best preventive dental practices:

1. Brush your teeth 3 times per day.
2. Floss your teeth 2 times per day.
3. Use daily fluoride pills for ages 2-13, in areas with less than optimal fluoride.
4. Use daily fluoride rinses for ages 13+ (ACT fluoride rinse). Do not drink cola drinks. Limit intake of sugar.
5. Have your teeth professionally cleaned at our office every 3 months.
6. Use daily anti-bacterial rinses if you have gingivitis or periodontitis (Listerine for gingivitis and Chlorhexidine by prescription for periodontitis).

In a major change in preventive dentistry, after a long study, the American Dental Association, as of March 2008, is now recommending an expansion of preventive placement of sealants to adults: "Sealants should be placed on pits and fissures of adult's permanent teeth when it is determined that the tooth, or the patient, is at risk of developing caries." In addition, oral cancer testing has now become a part of the practice. Scientific oral cancer screening is now available.