



# Parkcrest

DENTAL GROUP

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GUIDE TO PREVENTATIVE CARE

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## IT PREVENTS DENTAL ISSUES

Preventive dental care helps prevent dental issues before they become major problems. Regular cleanings and check-ups allow dentists to catch and repair tooth decay, gum disease, or other dental problems early. Early detection of these issues means less invasive and costly treatment in the future.

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## SAVES MONEY IN THE LONG RUN

Neglecting preventive dental care can eventually lead to expensive and painful dental procedures. A simple filling can cost much less than a root canal or dental implant. Investing in preventive dental care now can save you from spending more on major dental work later on.

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## BENEFITS OVERALL WELL-BEING

Preventive care for your teeth and gums can have a positive impact on your overall well-being and quality of life. It can help you avoid constant tooth and gum pain. There have also been studies done that show links between gum disease and heart disease, meaning that taking care of your dental hygiene goes a long way towards keeping you physically healthy!

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## PROMOTES A HEALTHY, CONFIDENT SMILE

Preventive dental care can help maintain a healthy and bright smile, giving you the confidence to show off your pearly whites.

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## HELPS ESTABLISH GREAT DENTAL HABITS

Preventive dental care not only helps keep your teeth and gums healthy, but it also helps establish great dental habits. Regular cleanings and check-ups provide an opportunity for dentists to educate their patients on proper brushing, flossing, and overall dental hygiene.

# Daily Oral Hygiene

When it comes to maintaining good oral health, it's the little things that add up over time. Consistency with daily habits can go a long way in keeping your teeth and gums healthy. From brushing to flossing to drinking water and watching what you eat, there are a handful of habits you can adopt to keep your smile in top shape.

## BRUSHING

It may seem simple, but brushing your teeth at least twice a day is crucial for keeping plaque and tartar at bay. Proper brushing technique is just as important as frequency. Aim for two minutes each session and focus on cleaning all surfaces of your teeth, including the fronts, backs, and chewing surfaces. Use a soft-bristled brush and fluoride toothpaste to ensure optimal cleaning. Proper brushing can prevent cavities, gum disease, and bad breath.

## FLOSSING

While brushing is essential for maintaining good oral hygiene, it only covers about two-thirds of the tooth surface. Flossing is crucial for getting to the hard-to-reach areas where bacteria and food particles tend to accumulate. Floss your teeth at least once a day, using a gentle sawing motion to get between each tooth. Make sure to use a new section of floss for each tooth and never force the floss or snap it against your gums. Consistent flossing can prevent gum disease and improve the health of your gums.

## DRINKING WATER

Drinking water is one of the easiest things you can do to promote good oral health. Water helps to flush out leftover food particles and bacteria, which can cause tooth decay and bad breath. It also keeps your mouth hydrated, preventing dry mouth and reducing the risk of cavities. Try to drink water throughout the day and especially after meals to rinse away any lingering food particles.

## LIMITING SUGARY OR ACIDIC FOODS

What you eat plays an important role in the health of your teeth and gums. Sugary and acidic foods can erode your enamel, making your teeth more vulnerable to decay. Limit your intake of sugary snacks, like candy and soda, and opt for healthier choices like fruits, vegetables, and water. Remember that acidic foods, such as citrus fruits and juices, can also damage your enamel. To prevent damage, rinse your mouth with water after eating acidic foods or brush your teeth after eating.



# How Nutrition Impacts Dental Health

When it comes to taking care of our teeth and gums, nutrition plays a crucial role in maintaining optimal dental health. Eating a balanced diet high in vitamins and minerals is essential for strong, healthy teeth. Our diet can directly impact our oral health, so it's essential to pay attention to what we're eating.

## KEY CONSIDERATIONS

One of the key considerations when it comes to dental health is having a balanced diet that provides the nutrients necessary for maintaining healthy teeth and gums.

- Adequate intake of vitamins and minerals like calcium, vitamin D, and vitamin C are important for healthy teeth and gums.
- Calcium, for instance, is essential for building strong bones, including teeth.
- Vitamin D helps the body to absorb calcium, which is vital for maintaining healthy teeth.
- Vitamin C plays a role in keeping gum tissues healthy by strengthening blood vessels and preventing damage from free radicals.



Apart from the essential vitamins and minerals, eating crunchy fruits and vegetables can also act as natural tooth cleansers by stimulating saliva production and removing plaque. Chewing on crunchy foods like apples, carrots, and celery helps remove food particles that may be stuck between teeth and can help remove some plaque build-up.

# The Importance Of Preventive Dental Care

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Brushing our teeth is an essential part of our daily routine, but oftentimes, it is not enough to keep our dental health in check. Proper dental hygiene also includes regular check-ups with a dentist. So why is preventive dental care important?



# The Benefits of Regular Exams and Cleanings

Have you ever wondered why your dentist recommends that you get regular exams and cleanings every six months? Sure, it might seem like an unnecessary inconvenience, but the truth is, there are countless benefits to sticking to a regular dental routine. So, let's dive in and explore why regular exams and cleanings are so crucial for maintaining a great smile.

## Regular exams are crucial for maintaining a great smile. Here's why!

### EARLY DETECTION OF ISSUES:

Regular exams allow your dentist to catch any issues early on before they turn into bigger, more painful problems. Tooth decay, cavities, and gum disease are all common issues that can easily be treated if detected early on. In addition, regular exams give your dentist the chance to identify any signs of oral cancer, which is a very serious condition that can be life-threatening if left untreated.

### GUM DISEASE PREVENTION:

Gum disease is one of the most common dental problems among adults, but it's also highly preventable. By keeping up with regular exams and cleanings, you can help prevent it from developing in the first place. Your dentist can check for early signs of gum disease and recommend the appropriate treatments to keep your gums healthy.

### ALLEVIATING DENTAL ANXIETY:

Many people experience dental anxiety, which can make it difficult to stick to a regular dental routine. But with regular exams and cleanings, you'll become more comfortable with the process, making it easier to get the dental care you need and potentially avoid more invasive procedures to repair the damage.

### MAINTAINING DENTAL EDUCATION AND AWARENESS OVER TIME:

Regular dental appointments are also a great way to stay informed about the latest dental technology and practices. As you become more familiar with your dental team and the treatments they offer, you'll be more aware of your own dental health and be able to make informed decisions about your care.

### OF COURSE, KEEPING YOUR SMILE CLEAN AND BRIGHT:

Perhaps the most obvious benefit of regular exams and cleanings is that they help keep your teeth clean and bright. Regular cleanings remove stubborn plaque and tartar, which can build up over time and lead to decay and gum disease. In addition, your dentist can offer tips and tricks for keeping your smile healthy and bright in between appointments.

# The Best Recommended Products For Preventive Care

Maintaining good oral health is vital, not only for a beautiful smile but for overall wellness too. Brushing and flossing are two fundamental daily routines for oral health maintenance, and using high-quality products is necessary.

At Parkcrest Dental, we believe in preventive dental care. With our extensive knowledge and experience, we've carefully picked some of the best-recommended dental products to help our patients achieve excellent oral hygiene.

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## SONICARE ELECTRIC TOOTHBRUSHES

An electric toothbrush is one of the most effective daily oral hygiene maintenance tools. We recommend Sonicare electric toothbrushes, a popular and reliable brand with various features. Sonicare toothbrushes are effective at removing plaque and preventing cavities, and with their built-in timer, they ensure that you brush for two full minutes.

2

## WATERPIK WATER FLOSSERS

Flossing daily is as essential as brushing. Waterpik water flossers are excellent, as they help remove food debris and bacteria between your teeth and gums that brushing alone cannot. This tool uses a powerful jet of water to clean and stimulate gums effectively. It benefits individuals with braces, implants, or gum disease. They're user-friendly, portable, and rechargeable.

3

## PREVIDENT AND CLINPRO TOOTHPASTE

For individuals who have demineralization, sensitive teeth, or dry mouth, using the right toothpaste is crucial. At Parkcrest Dental, we recommend Prevident and Clinpro toothpaste, specially designed for individuals with specific oral health needs.

# Protect Your Smile with Preventive Care

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Great preventative dental care keeps your smiles lasting longer, helps reduce the likelihood of sore teeth, and improves your overall health. If it's been six months since your last dental checkup, then it's time to contact our knowledgeable and friendly staff at Parkcrest Dental Group to schedule your next appointment!

## CONTACT US

Fill out our handy contact form to schedule an appointment, or call (417) 887-1220 from 8 a.m. to 5 p.m. to talk to someone about your next appointment.

CALL US

SCHEDULE

## VISIT US

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