


## Things You May Want to Ask Your Dental Provider

- Are there any oral health complications I should be aware of regarding my chronic condition or illness?

Some chronic conditions or illnesses may require additional dental care.

- Can this cavity be remineralized?  
In some instances, early forms of caries (cavities), like a white spot, can be reversed with a simple application of fluoride varnish.
- I am pregnant, what should I know about my oral health and what changes can I expect to happen?



Hormonal changes during pregnancy can increase your risk for “pregnancy gingivitis” and periodontal disease.

Periodontal disease has been linked to low birth weight and premature delivery.

- Am I at risk for oral cancer?

2 out of every 3 oral cancer cases aren’t detected until late stages. Make sure to ask your dental provider for an oral cancer screening at every routine check up. Find out if you are at risk and what you can do to prevent it.

- Am I at risk for periodontal disease?

About 80% of the population currently has some form of periodontal disease. Ask your dental provider how you can prevent it.

- How often should I change my toothbrush?

Toothbrushes should be replaced every 3 months or immediately after recovering from a cold, flu, or bacterial infection.

### Boston Public Health Commission Office of Oral Health



Contact us for information on where to get free or low-cost dental services for you and your family.

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Fax: 857 – 288 – 7706

E-mail: [oralhealth@bphc.org](mailto:oralhealth@bphc.org)

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# What to Expect at Your Dental Appointment

## A Guide for Adults



**Oral Health = Overall Health**  
**Make an appointment today!**



## What to Bring to Your Dental Visit

### ☐ Past Dental Information

If you are visiting a new dental office, you should bring your past dental records (including dental x-rays), and current medical information.

### ☐ Insurance Card (if you have insurance)

### ☐ List of Current Medications

You should bring a list of any medications, including over the counter, that you are currently taking and the doses for each. If you are asthmatic, please bring your inhaler with you.

### ☐ Premedication

If you have a heart condition, any type of infection, or a hip/knee replacement you should ask your physician if you need pre-medication before your dental visit.

## What to Expect During Your Dental Visit

Your dental provider may:

### Perform a Dental Exam

- ☐ Check your mouth (teeth, gums, tongue, cheeks, roof and base) for signs of caries (cavities) or any other oral health concerns.
- ☐ Screen for oral cancer or any other diseases or conditions.

### Take X-Rays

- ☐ X-rays are a safe way to check the health of your mouth.
- ☐ A lead apron is placed to protect your body.
- ☐ How often and the number of x-rays taken depend on your needs.

### Clean Your Teeth

- ☐ The dental provider will remove any build up of food and plaque (a film of food, saliva, and bacteria) above and below the gum line.
- ☐ You should have your teeth professionally cleaned every six months. Your dental provider may recommend to do it more frequently if needed.

### Apply Fluoride Varnish

- ☐ Your dental provider may place fluoride varnish on the surface of your teeth to keep them strong and prevent cavities.
- ☐ Fluoride varnish is a concentrated form of fluoride that helps prevent dental decay by keeping the minerals of the teeth strong so it is harder for caries (cavities) to form.
- ☐ Fluoride can also be used to reverse caries (during early stages) and may help decrease tooth sensitivity.

