

# Mississauga Dental Specialists

*Braces Invisalign Teeth Gums & Implants*

**CALL: 905-275-1022**

## **Introduction to Teeth Cleaning & Preventative Care**

A preventive program is a cooperative effort by the patient, dentist, and dental staff to preserve the natural dentition and supporting structures by preventing the onset, progress, and recurrence of dental diseases and conditions.

Preventing dental disease starts at home with good oral hygiene and a balanced diet. It is continued in the dental office by the efforts of your dentist and dental hygienist to promote, restore, and maintain your oral health.

Prevention also includes regular dental exams, cleanings, and x-rays. Sealants and fluoride are also great preventive treatments that help protect the teeth.

Prevention helps avoid serious and costly dental problems and is the key to having a **healthy, confident, beautiful smile.**