



General & Preventive Dentistry

Our preventive program is a joint cooperative effort between you and our team to preserve your natural teeth, gums, and bones of the oral area 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 our dental office by the efforts of our dentists and the dental hygienists as they promote, restore, and maintain your oral health.
- Regular dental exams, cleanings, and x-rays are all part of an effective prevention program. Other great preventive treatments include sealants and fluoride.
- Prevention helps avoid serious and costly dental problems and is the key to having a healthy, confident, and beautiful smile.

Check Ups

Periodic checkups involve more than teeth cleaning, although cleanings are a key component of proper preventive care. A checkup is an important part of maintaining oral and overall health. Recent studies show a strong link between a healthy mouth and a healthy body. That's why preventive dental care is so important – for your smile and quality of life.

Dental Hygiene

Prevention and maintenance are vital to avoid costly and extensive dental treatments in the future. When you schedule routine dental hygiene visits, you're doing more than caring for your dental health. Modern science has proven that the condition of your smile affects whole-body health. Take care of yourself now by scheduling and attending six-month [checkups](#) and [cleanings](#).

We'll remove plaque and hardened food particles from your teeth to protect against [gum disease](#), then polish your teeth to make them sparkle. [Carr & Associates](#) may suggest a [fluoride](#) treatment to protect enamel and prevent cavities. Let us help you achieve a beautiful smile and lasting oral health. You'll feel better, look better, and avoid costly, time-consuming dental procedures in the long run.

Fluoride Treatments

Fluoride helps fight cavities by strengthening the outer layer of teeth. [Carr & Associates](#) recommends that patients use fluoride toothpaste every day. If your teeth need extra help to fight decay.

Fluoride is a natural element found in our environment. Too much or too little fluoride can be detrimental to your teeth. The optimal time to receive sufficient fluoride is between the ages of two and three, when tooth enamel is forming. However, the need for fluoride continues throughout life.

After your dental cleaning, we can apply topical fluoride to help strengthen enamel. This treatment is a central part of an optimal prevention program.