6 Reasons to Get a Dental Cleaning

1 **Prevent cavities.** Cleanings remove plaque, a sticky bacterial film that builds up on your teeth. This acidic substance can eat away at your enamel, eventually causing tooth decay.

2 **Stop tooth loss.** Plaque can irritate your gums, making them pull away. When your gums are unhealthy, your teeth can become loose and fall out.

3 **Brighten your smile.** Drinking coffee, tea and wine or using tobacco can stain your teeth. A dental cleaning can remove built-up stains and leave you with freshly polished teeth. The result? A whiter, brighter smile!

4 **Freshen your breath.** Good oral hygiene is the best way to prevent persistent bad breath. Even if you brush and floss regularly, getting a cleaning is a great way to keep your mouth healthy and odor-free.

5 **Boost your overall health.** Regular dental cleanings may help lower your risk for some diseases, like heart disease and stroke.[1]

6 **Save money.** Under most plans, cleanings and exams are available at low or no cost. And by catching and treating problems before they worsen, you'll save money down the road.

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[1] Chen et al. The association of tooth scaling and decreased cardiovascular disease: a nationwide population-based study. Am J Med. 2012;125(6):568-75.

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