



# Long term dental health with active maintenance

**Routine dental check ups are important to ensure a patient's overall dental health, whilst correcting early dental problems and preventing future issues which can be more invasive and costly.**

At Alderley Dental we call the dental check up **Active Maintenance** because together with you we are actively maintaining excellent dental health care.

*Prevention is the most cost-effective foundation of healthy and beautiful teeth.*

With early detection and remedy of problems our regular patients spend far less time at the dentist than those who leave visiting the dentist until there is a problem.

Whether it is an active maintenance visit or any other dental treatment, we continually strive to ensure your comfort and safety above all else – working to keep your smiling from year to year.

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## How often should I visit the dentist?

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Maintaining a healthy smile is easier and more cost-effective than fixing problems. Visits to the dentist **twice a year is recommended** for the health and beauty of your smile and chewing function.

This is the optimum frequency for us to catch dental problems early and clean your teeth to prevent problems from arising. It can differ with some patients so we will discuss with you

if we think you need to visit more or less often.

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## How are the health and beauty of my teeth related?

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*Healthy teeth are beautiful teeth, and vice versa.* If your teeth are straight, they are easier to clean, they function better and they look better.

- Cavities are unattractive – they degrade the appearance of your smile and often cause bad breath.
- Plaque along the gum line becomes hardened and discoloured, affecting both the appearance and health of your smile.

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## Why pick Alderley Dental for my general dentistry visits?

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Every time you smile or talk to someone, your teeth show how well you care for them. If you want to keep your smile looking and functioning at its best, then you are sure to want to find a great dentist 'partner' to work with you to achieve this goal.

*Our dentists endeavor to deliver the highest level of expertise to every patient, every day.* You deserve to be treated like a star, and when you visit Alderley Dental for your regular dental visits, you will be.

If you want to schedule an appointment for **active maintenance** with our dentists, please call our office on **3856 2144** today.

Visit [www.AlderleyDental.com.au](http://www.AlderleyDental.com.au) for call **3856 2144** more information and tips to keep your smile healthy from year to year

9 South Pine Road,  
Alderley QLD 4051

T: (07) 3856 2144

E: [info@alderleydental.com.au](mailto:info@alderleydental.com.au)  
W: [www.AlderleyDental.com.au](http://www.AlderleyDental.com.au)