

# 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. 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 removes stains and leaves you with freshly polished teeth.

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

**5 Boost your overall health.** Regular dental cleanings may help lower your risk for some diseases, such as heart disease and stroke.<sup>1</sup>

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

<sup>1</sup> Sanz, et al. "Periodontitis and cardiovascular diseases: Consensus report". Journal of Clinical Periodontology. 2020. <https://onlinelibrary.wiley.com/doi/abs/10.1111/jcpe.13189>