

MELODY'S Q & A **CORNER**

Q. How often should I be coming to the dentist?

A. We recommend that you come at least once every six months for a cleaning. Patients with periodontal disease are recommended to come every 3-4 months to maintain their gum health.

Q. What is the difference between a periodic exam and a comprehensive oral exam?

A. A comprehensive exam is routinely done once every 3-5 years. During this exam, Dr. Papadopoulos or Dr. Sanchez will evaluate your full mouth x rays and evaluate all current restorations. Both periodic and comprehensive exams can result in the prevention and early detection of oral diseases.



Q. Can I whiten my teeth at home?

A. Yes, you certainly deserve a bright, white smile. We offer at home whitening kits at our office for \$250. At home whitening allows you to go at your own pace and gradually whiten. We also offer in office Zoom Whitening for \$499. Zoom will give you an immediate bright result.