Frequently Asked Questions

Straight answers to the questions we hear most. Don't see yours? Just ask.

How often should I get a cleaning?

For most people, every six months. If you have gum disease or a higher risk of cavities, we may recommend every three to four months. Regular visits catch small problems early.

How often do I need x-rays?

To properly diagnose, we take a set of six x-rays every six months and a full-mouth series once a year. We may also take x-rays as needed when you come in for a specific problem.

Are x-rays safe? What about radiation?

Yes. We use digital x-rays, which need very little radiation. A routine set of bitewing x-rays is about the same as the natural background radiation you receive in a single day.

What if I'm pregnant?

Let us know. Needed dental x-rays are considered safe during pregnancy, and we'll talk through any questions before we take them.

Why are my teeth sensitive, and what helps?

Common causes include worn enamel, receding gums, recent whitening or fillings, grinding, cracks and cavities.

TRY AT HOME

- Use a sensitivity toothpaste daily for at least two weeks.
- Brush gently with a soft brush.
- Wait 30 minutes after acidic food or drinks before brushing.

CALL US IF

- One tooth hurts, or pain lingers after hot or cold
- It hurts to bite down
- Sensitivity lasts more than a few weeks

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More Questions

Is it normal for my gums to bleed?

Not usually. Bleeding is often an early sign of gum inflammation. Keep brushing and flossing gently; if it lasts more than two weeks, schedule a visit.

Why do you ask about my overall health?

Your mouth and body are connected. Medications, sleep, breathing and jaw (TMJ) health all affect your teeth and gums, so we look beyond the tooth that brought you in.

Do you offer cosmetic dentistry?

Yes, including veneers, same-day crowns, implants and full-mouth restorations. Ask us about a consultation.

What should I bring to my first visit?

- Photo ID and insurance card
- A list of your medications
- Completed new patient forms
- Recent x-rays, if you have them

What if I have a dental emergency?

Monday–Thursday, call the office at (312) 263-2323. Friday–Sunday, text Sandy at (312) 597-8299. See our Dental Emergencies sheet for what to do in the meantime.

Have a question we didn't answer? Call us or ask at your next visit.