

Tips for saving money on dental visits

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PREVENTION! Dentistry has been a long time advocate of oral health and the prevention of disease. What other business offers you advice on how to do without them? That being said, we all know that it is necessary to visit the dentist, so what can you do to keep your costs down?

HOME CARE: Almost goes without saying, however, there is a difference between “doing what you’ve always done” and being effective with your routine. A rule of thumb is that anything that you actually do is better than not doing it. One of the best tools is a sonic toothbrush. It’s method of action makes it effective at getting to areas that the bristles don’t actually touch, breaking down tartar, removing stain, and has a 2 minute timer. That’s right, two whole minutes! Sonic toothbrushes still don’t eliminate the necessity of flossing. The better you are at flossing, the healthier your gums and the easier your visits with the hygienist. If you can’t floss, an oral irrigating device (water pick) is a great option. Have floss where you watch TV or read, and with a manual toothbrush at the office for after lunch.

KNOWLEDGE: As the saying goes, knowledge is power. Nobody is going to know you or be your advocate more than you, so it pays to know what is going on with your health (oral and systemic). Ask questions when you are at the dental office, dental professionals love to give oral hygiene instructions and tips on home care. They can also give very specific advice based on your dental condition. Make sure that you fully understand any treatment being suggested and all options and potential outcomes. Most offices can show you a picture of the area in question, which really helps in understanding the clinical situation. Use the dental team as your resource for insurance coverage information, benefits and limitations, but don’t be afraid to call your carrier yourself. Discuss the timing and prioritization of any treatment. It may save you money to complete prioritized procedures before they become more complex. It may make sense to spread some treatment out over time for maximum insurance benefit. It may also make sense to get a second opinion; most offices will do consultations at no charge.

For more information, visit www.drdell.com or call (661) 254-4000.