

The Massachusetts Dental Society asked dentists, “What is the one thing people may not know about dentists or oral health that you wish they did?” Here’s what some of them had to say:

- ▶ “Many patients think that once a dentist fixes their teeth, they won’t get cavities again. But I always tell my patients that everything I do for them is worth nothing if they don’t do their job at home. Home care is the key.”
- ▶ “Things should be fixed *before* they break. When they break or hurt, it may be too late.”
- ▶ “If we say a patient grinds [their teeth], they really do it. We see the wear patterns and the muscle enlargement. I think some patients think we recommend occlusal guards to all of our patients.”
- ▶ “It’s not just sugar and candy but simple carbohydrates that fuel cavity-causing bacteria.”
- ▶ “We have an extensive background in your overall oral health. In orthodontics, for example, you can’t just move teeth haphazardly; you need to be aware of the periodontal/restorative condition of the patient.”
- ▶ “Flossing is not a joke.”
- ▶ “I wish all patients understood that we are here to help them. Avoidance of regular treatment is the reason they come to us in pain.”

WHAT
YOUR
DENTIST
**WANTS
YOU TO
KNOW**

