

DENTAL TOURISM: DENTISTS HIGHLIGHT THE IMPORTANCE OF CHECKUPS



Dental care is getting more and more high-tech and the quality of treatment is on the top level in many regions around the world. The costs, however, are also getting high, especially for those who skip their regular checkups. Many patients, therefore, opt for dental tourism and seek quality treatment abroad.

Turkey is becoming a popular destination for medical procedures, including dental treatment. Several facilities offer top quality treatment and dental tourism is flourishing. One of the medical centers is [Vera Clinic](#) which is located in Istanbul. The local doctors offer general and cosmetic dentistry, as well as dental implants. **The number of patients seeking dental care in the clinic has been increasing especially for the professional approach and lower costs.**

The dentists of the clinic point out the importance of regular checkups. Many people put off a visit to the dentist, whether it is because they are busy or are afraid of dental treatment. No matter the reason, neglecting to turn up for the regular checkups may lead to serious consequences and thus expensive care. The dentists at the clinic explain the benefits of regular dental treatment:

Prevention rather than correction

Having a regular checkup means that potential problems can be spotted before they manifest into larger ones. For those who fear the dentist because they don't like injections, going to the dentist more often can actually work in their favor. Having your teeth scaled and polished professionally on a regular basis means they will be much cleaner and less prone to decay, reducing your overall risk of cavities. If you do need a small filling when caught early enough the procedure is often completely painless and quick to carry out. Maintaining a healthy set of teeth is much easier than having teeth extracted and replaced.

Cost-effective

While regular visits to the dentist might feel like you are paying more money, the cost is much lower than having a significant amount of dental work done. If you wait until you need multiple teeth extracted and replaced, the payout can be a shock if you are not prepared for it. Although there will always be times when things go wrong unexpectedly, your dentist can help you keep on top of your dental health if you see them regularly.

Maintain a natural look

There is nothing more satisfying than maintaining a natural looking smile. Although dental implants are a great way to fill gaps, the easiest way to keep your teeth looking their best is to hold onto them. Regular

trips to the dentist can also make sure you are keeping on top of any whitening treatments or progression with orthodontic treatments to ensure your look is consistent, meaning you can feel confident in photographs and day to day life.

Ask questions and get advice

When you visit your dentist regularly, you will have an opportunity to raise any questions or concerns you might have with a professional. These issues may not merit a trip to the dentist on their own, so if you didn't attend a checkup you may leave them to worsen. Your dentist can advise you on a whole range of problems, like bad breath, sensitivity, and bruxism. You will also be able to get feedback on how well you brush your teeth, meaning you can adjust your technique and flossing schedule in good time.

What can you expect from a dental checkup?

A standard checkup usually involves an x-ray of your teeth as well as an examination of your teeth and gums. Your dentist will check for redness and swelling and assess your need for a professional cleaning. You'll have plenty of time to discuss treatment options should you need or want them.

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