

Are you planning for your dental health retirement?



See your
dentist
regularly.

Do it now. Avoid surprises later. Know and control your future dental needs.

Dental care is necessary for a lifetime regardless of the loss of dental benefits, changes in source of income or other considerations. Once in retirement, regular dental check-ups will help keep you in good health overall and let you live life to the fullest. Planning for dental needs now can pay big dividends later in life.

Start planning now?

As in all areas of life it is never too early to plan for the future. Several years before retiring and while you still have a source of income, you and your dentist should put a plan in place to have any dental needs addressed.

Working with your dentist, you should determine the level of dental health you want and determine how you will achieve it. Reaching your goal may include some treatment that must be done right away. However, some aspects of treatment may be okay to delay over a few months or years.

Don't put it off

"Out of sight, out of mind" thinking, may lead to these necessary treatments being delayed indefinitely. As retirement approaches the decision to proceed with these treatments is made. It can be frustrating and disappointing to learn that the decision to proceed with these treatments has been made too late for completing them within the desired time frame.

The first step is a comprehensive evaluation of your dental condition. More than a regular check up, this is a detailed inspection and recording of the current state of your teeth, gums, jaws and mouth. A variety of tests and records may also be required. Armed with this information your dentist can determine what is necessary to maintain your mouth in optimal health.

Here are some of the treatments that require attention in the short, medium, and long term:

Immediate attention:

Cavities, sore teeth, sore or bleeding gums.

Attention over the course of months or a few years:

Replacement of missing teeth, restoration of teeth with patched, aged or worn fillings.

Attention on an ongoing basis:

Periodic oral cancer screening, prevention of decay and gum disease.

Can be attended to at any time:

Improving the appearance of the teeth, new dentures.

To stay looking and feeling healthy longer, talk to your dentist. We care about you and our teeth.



This information courtesy of your Manitoba Dentist