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Components Of The Holistic Approach To Dentistry

Dental Radiology



Dental xrays are important for diagnosis. It helps us see inside and in between the teeth as well as the supporting bone and roots for signs of cavities, infection or inflammation. Today's dental xray equipment is high tech and all digital. The modern xray machine is handheld and emits very little radiation and is properly shielded to eliminate any scatter radiation. The dental xray sensor should be HD as it takes even less radiation to expose it. A typical set of bitewings is 0.001 mSv. As a comparison, if you spend the day at Disney Worlds, you will get .0099 mSv.

Most offices like to do xrays every 6 months. Why? Because that's what typical dental insurance pays for! The frequency of xrays should be based on the individual patient's needs and history – not a revenue source! We typically find that every 2 years is enough, unless there is a reason to do it more frequently such as periodontal disease or high cavity rate.

We have some patients that have cavities but for one reason or another can't have them treated or just simply want to try managing them with a diligent daily regimen and remineralization protocol. In those cases we may recommend every 6 or 12 months.

