

# How often should you see a dentist?



# Keeping your smile healthy and happy



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By Health Shield's Wellbeing Team

## How often should you really go to the dentist? It's a question many of us ask, especially with busy schedules and competing priorities.

Regular dental visits might feel like something you can put off, but keeping on top of them is about so much more than just a bright smile. They play a vital role in spotting issues early and supporting your overall wellbeing. The general rule is to visit every six months, but this can vary depending on your needs.

Here's how to figure out what works for you.

### 1 Stick to the basics

For most people, seeing the dentist twice a year is a good starting point. It's often enough to catch potential issues early and keep your mouth healthy. That said, your dentist might recommend visits more or less frequently based on your personal circumstances. Think of these appointments as a regular health check—simple steps that can make a big difference.

### 2 Factors that affect your schedule

Your dental needs aren't the same as everyone else's. Things like age, lifestyle, and health history all play a role in how often you should pop in. For example, smokers or those with previous gum problems might need a little extra care. Your dentist will help you build a schedule that suits your situation, simple steps that can make a big difference.

### 3 Prevention is key

When it comes to oral health, prevention is always better than cure. Regular check-ups don't just spot problems—they stop them in their tracks. Things like plaque build-up or inflamed gums can be managed before they turn into bigger issues. You'll save yourself time, discomfort, and potentially costly treatments later.

## 4 Don't ignore the warning signs

It's not always about following the calendar. If you notice something unusual—like bleeding gums, tooth pain, or persistent bad breath—it's important to book an appointment sooner rather than later. These could be signs of underlying problems that need addressing quickly.

## 5 Make the most of your visits

Dentist appointments aren't just about the treatment. They're also your chance to get tailored advice on keeping your teeth healthy between visits. Use the time to chat with your dentist about your brushing or flossing routine, dietary advice, or anything else that may be on your mind. Commitment to regular check-ups is a small habit with big payoffs.

### Your oral health, your wellbeing

Looking after your teeth is about feeling confident, comfortable, and ready for the future. Whether it's a routine cleaning or addressing an issue, those appointments are a vital part of your self-care.

Taking small, consistent steps today can protect your smile and your health for years to come. If it's been a while, now might be the perfect moment to book your next appointment.

And remember, dental care is accessible. Whether you're opting for the NHS or private treatment, there's support out there to meet every need.

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