

## BUSTLE

### 11 Gross Things That Can Happen If You Don't Go To The Dentist Every 6 Months



By CARINA WOLFF

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When life gets busy, it's easy to skip out on doctor's appointments, but keeping up with your health is important, especially your teeth. There a number of gross things that can happen to you if you don't go to the dentist every six months, which makes it all the more important to go in to get your teeth cleaned and checked regularly, as unpleasant as going to the dentist sounds. Skipping your appointments can end up doing more than just ruining the appearance of your teeth — it can cause issues that affect other parts of your body as well.

"When it comes to oral health prevention is key," says RealSelf Contributor Dr. Victoria Veytsman over email. "Seeing your dentist regularly for routine checkups and cleanings can prevent bigger issues down the road. Regular cleanings prevent gingivitis and plaque buildup and checkups can detect cavities when they are just beginning. A good oral care regimen includes seeing your dentist twice a year — this will ensure your mouth is healthy and prevent dreaded procedure like root canals in the future."

If you've been neglecting your dentist, it might be time to make that phone call. Otherwise, you might have to deal with some of these 11 unpleasant symptoms that result when you skip out on your dental appointments.

## 6. Cavities

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One of the most obvious consequences of skipping your dental visits is more cavities from all that buildup of bacteria. "It's very easy to fill a small cavity," says Dorfman. "But if you don't go to the dentist, that small cavity will turn into a big cavity, which can lead to a root canal or crown...essentially, a much bigger problem."

## 8. Oral Cancer

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Oral cancer is not just unappealing: It can be life threatening. "The best prognosis for a cure is always going to be early detection," says **dentist Dr. Bill Dorfman** over email. "Your dentist should do an oral cancer screening every six months."

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