

Give a "zero" for each "no" answer and a "one" for each "yes" answer.

1. Does your dentist have a clean office?
2. Does he/she take at least 30 hours of continuing education per year (if not many more)?
3. Does he/she have modern equipment such as digital radiographs (xrays) and paperless charting (digital charts)?
4. Does your dentist discuss implants as an option to missing teeth?
5. Is he/she involved with a study group?
6. Does he/she or the hygienist use a periodontal probe to measure your gums to evaluate the health of your gum tissue?
7. Does he/she offer sedation for procedures to reduce anxiety?
8. Does he/she use ultra-modern reinforced ceramic restorations?
9. Is he/she able fabricate these restorations in a single appointment?
10. Does he/she use non-metal fillings?
11. Does he/she consistently use magnification with illumination to check your teeth and/or treat them?
12. Does he/she use a laser to treat decay and gum disease and perform multiple minimally invasive procedures?
13. Is there an intra-oral camera available to monitor the status of old fillings and other dental conditions?
14. If he/she says they are a cosmetic dentist, has a recent course about it been taken?
15. Does he/she have photos of their own work to show?
16. Is your bite checked to help avoid cracks in your teeth, chips on the edges, or increased muscle tension?
17. Does he/ she keep you informed about the connection between dental problems (e.g. gum disease) and the rest of the body?
18. Does he/ she do a panoramic xray every 3-5 years to check for cysts, etc. that are normally not found on "checkup xrays"?

Rate your Dentist

15 – 18 — Your Modern dentist is Jetson-like. Good job!

10 – 14 — Your dentist could definitely improve some things. Just ask.

0 – 9 — Your dentist may be working in the Flintstone-era.