



# The Damage You Stop Noticing

Why catching small dental problems early protects your teeth for life

Many people live with mild dental discomfort for so long that they simply stop noticing it – while a crack or a worn area quietly keeps doing damage underneath. Because the change happens slowly, you adjust to it. **Catching it early means a smaller repair and more of your natural tooth preserved.**

## ✓ FIX IT EARLY



Small, quick, affordable

## ✗ LEAVE IT



Bigger, costlier repair

### Think of a crack in a windscreen

A small stone chip is quick and cheap to repair. Leave it, and the crack spreads until the whole windscreen has to be replaced. Teeth behave the same way – a little work up front prevents a great deal of work, cost and discomfort later. In dentistry, prevention really does beat repair.

## THINGS WORTH MENTIONING TO US

- ✓ **Discomfort you've "gotten used to"** – if it's been there a while, it's worth a look
- ✓ A tooth that twinges or aches when you bite down
- ✓ Teeth that look shorter, flatter or more worn than they used to
- ✓ Sensitivity to hot, cold or sweet, especially near the gumline
- ✓ Notches or grooves where the tooth meets the gum
- ✓ A long gap since your last visit – there's no judgment, just a fresh start

### PREVENTION BEATS REPAIR

Looking after a small problem now almost always beats rebuilding a bigger one later – and the earlier we act, the more of your natural tooth we can keep. Mention anything that feels familiar at your next visit, or call us for a straightforward assessment.