

X-rays: A safe and important part of your dental care

Dental X-rays are a valuable tool your dentist may use to see what's happening beneath the surface of your teeth and gums. They help find issues like cavities, bone loss, or infections that aren't visible during a clinical examination.

X-rays are safe and use very low levels of radiation. But they're not one-size-fits-all. Your dentist will recommend them only when necessary based on your age, oral health history, clinical findings, and current symptoms.

There's no such thing as a "routine" X-ray schedule. Some people may need them more often, while others may go years without one. What matters most is that your care is personalized to you.

If you have questions about X-rays or any part of your dental care, talk to your dentist. They're your partner in keeping your smile healthy.



Did you know?

You don't necessarily need X-rays at every dental visit. Talk to your dentist about how often you should receive X-rays.



Quick bites

Dental X-rays are a vital part of keeping your smile healthy. Here's what to know:

- **They're safe and smart:** Modern X-rays use very low radiation and help your dentist spot issues early.
- **They're not every visit:** Your dentist may recommend X-rays based on your age, risk factors and oral health history.
- **Speak up:** Let your dentist know if you're pregnant, have concerns about radiation or have had recent X-rays elsewhere.
- **They help with more than cavities:** X-rays can detect bone loss, infections and even some tumors.