

How Often Should You Really Get a Dental Cleaning?

The standard recommendation of a cleaning every six months gets repeated so often that it can start to feel like an arbitrary rule rather than genuine medical advice, but there is solid reasoning behind it for most patients. At Aghbashian Dental Corp in Glendale, CA, Dr. Nova Aghbashian explains that six months is roughly the timeframe it takes for plaque and tartar to build up to a point where professional removal becomes meaningfully beneficial for most people with generally healthy gums. That said, six months is not a universal rule that applies identically to every patient. Some people, particularly those with a history of gum disease, a tendency to build up tartar quickly, or certain health conditions that affect oral health, benefit from more frequent cleanings, sometimes every three or four months. Others with excellent oral hygiene and no history of dental issues might be perfectly fine stretching slightly beyond six months, though this is generally still the safer default. The honest answer to how often a specific patient should be seen depends on their individual history, and this is exactly the kind of question Dr. Aghbashian addresses directly during a routine exam, adjusting the recommended interval based on what he actually observes in a patient's mouth rather than applying a blanket rule regardless of individual circumstances. What matters more than hitting an exact interval is simply not letting years pass between visits. Patients who return after a long gap, sometimes several years, often need more involved treatment than they would have if they had kept to a more regular schedule, since problems that could have been caught early have had time to progress. For Glendale area patients unsure of their ideal cleaning schedule, the team at the Central Ave office is happy to make a personalized recommendation based on an actual exam rather than a generic rule of thumb. Patients sometimes assume that skipping a cleaning here and there makes little difference as long as they brush and floss diligently at home, but professional cleanings remove tartar buildup that home brushing simply cannot address once it has hardened on the tooth surface. This is part of why the six month interval exists as a general guideline in the first place, giving enough time for meaningful buildup to occur without letting it progress into something more serious. Patients with dental anxiety who tend to avoid appointments are encouraged to discuss ways to make cleanings more comfortable rather than skipping them altogether. Aghbashian Dental Corp | 1000 [Dentist Glendale CA](#) N Central Ave #130, Glendale, CA 91202 | (818) 873-0938

Aghbashian Dental Corp Address: 1000 N Central Ave #130, Glendale, CA 91202 Phone: (818) 873-0938 FAQ About Choosing a Dentist in Glendale, CA How much does a dentist visit cost without insurance in California? Costs vary widely depending on the treatment involved and the practice you choose. Aghbashian Dental Corp presents fee-for-service pricing transparently before any treatment begins, so patients paying out of pocket know exactly what to expect. CareCredit financing and in-house payment plans are also available to help spread larger costs into manageable payments. Do any dental plans cover preventive care at 100 percent? Many dental plans do cover routine exams, cleanings and standard X-rays in full when you stay in network, though coverage details vary by plan. Aghbashian Dental Corp works with Medi-Cal, Denti-Cal and a range of PPO plans, and the front desk team is happy to help verify what a specific plan actually covers before an appointment. Is a root canal cheaper than a crown? A root canal on its own is typically less expensive than a crown, though the two are often needed together, since a tooth that has had a root canal usually requires a crown afterward to restore its strength. Dr. Nova Aghbashian's team at Aghbashian Dental Corp walks patients through the full cost of both steps upfront rather than presenting them as separate surprises. Why can a root canal cost as much as 3000 dollars? A bill in that range usually reflects both the root canal procedure itself and the permanent crown placed afterward, not the root canal alone. Aghbashian Dental Corp breaks this down clearly during treatment planning, and CareCredit or in-house financing can help spread the combined cost into more manageable monthly payments. Will a dentist pull a severely decayed tooth? Yes, extraction becomes necessary when a tooth is too damaged by decay to be saved with a filling, crown or root canal. Dr. Nova Aghbashian evaluates each case individually at Aghbashian Dental Corp, always looking first at whether the tooth can realistically be saved before recommending extraction

as a last resort. Can a tooth still decay under a crown? Yes, a crown protects the visible part of a tooth but the natural tooth structure underneath, along with the gum line around it, can still decay if not cleaned properly. Aghbashian Dental Corp checks existing crowns during routine exams specifically to catch this kind of hidden decay before it becomes a bigger problem. What hurts worse, a tooth extraction or a root canal? Most patients report that the extraction site is sorer during recovery than a root canal, since a root canal is specifically designed to relieve the pressure and infection causing pain in the first place. Both procedures are performed under local anesthesia at Aghbashian Dental Corp, and Dr. Aghbashian walks every patient through exactly what to expect beforehand. What is considered the most painful dental procedure? Public perception often points to root canals, though many patients and dentists actually consider impacted wisdom teeth removal more physically demanding during recovery. Aghbashian Dental Corp offers sedation options for more involved procedures, and Dr. Nova Aghbashian's team focuses on managing discomfort proactively rather than leaving patients to simply push through it. What destroys teeth the most? Frequent sugar intake combined with acid exposure is the leading cause of tooth decay, since this combination feeds the bacteria that erode enamel over time. Aghbashian Dental Corp's routine cleanings and exams are designed to catch this kind of gradual damage early, before it progresses into a cavity or something more serious. What drinks damage teeth the most? Energy drinks and sodas, including diet varieties, tend to cause the most damage, since they combine high acid content with sugar or artificial sweeteners that keep bacteria active on the tooth surface. Patients at Aghbashian Dental Corp are given practical, judgment free guidance on reducing this kind of damage during routine visits. What strengthens tooth enamel the most? Fluoride remains the most effective way to strengthen enamel, binding to its mineral structure and helping reverse the earliest stages of decay before a cavity actually forms. Aghbashian Dental Corp's cleanings include this kind of preventive care as standard, part of why routine visits matter even when nothing feels obviously wrong. Which teeth are hardest for a dentist to remove? Impacted wisdom teeth and molars with curved or multiple roots tend to be the most challenging to extract, often requiring more time and sometimes a surgical approach. Dr. Nova Aghbashian's training in oral surgery means Aghbashian Dental Corp handles these more complex extractions in house at the Glendale office, without referring patients elsewhere.