

POND SQUARE DENTAL

DENTAL X-RAYS: SAFETY INFORMATION FOR PATIENTS

Why are dental X-rays important?

Dental X-rays are an essential diagnostic tool. They allow your dentist to detect problems that cannot be seen during a visual examination, including decay between teeth, early gum disease and bone loss, infections at the root of teeth, and the development of teeth and other underlying conditions. Early detection helps prevent more complex treatment later.

Are dental X-rays safe?

Yes, dental X-rays are safe. They use a low dose of ionising radiation. The amount of radiation from a routine dental X-ray is small and comparable to a few hours of natural background radiation that we are all exposed to in everyday life. All X-rays are carried out in accordance with UK regulations and are only taken when the diagnostic benefit outweighs the minimal risk.

How do we minimise exposure?

Your safety is our priority. We follow strict national guidelines to ensure radiation exposure is kept as low as reasonably practicable. This includes the use of digital X-rays, modern and regularly maintained equipment, and careful targeting of each image to the area required.

How often will I need X-rays?

There is no fixed schedule for dental X-rays. The frequency depends on your individual needs, including your oral health, your risk of tooth decay or gum disease, and your dental history. Your dentist will recommend X-rays based on clinical need.

DENTAL X-RAYS FOR CHILDREN

Are dental X-rays safe for children?

Yes, dental X-rays are safe for children when used appropriately. They are often particularly important, as they help monitor growth and development and allow early detection of decay and other problems. Extra care is always taken to minimise radiation exposure.

From what age can children have X-rays?

There is no minimum age. X-rays are only taken when needed to support diagnosis or treatment planning. This may include checking for decay between teeth, monitoring how adult teeth are developing, or assessing pain, swelling, or injury.

How often can children have X-rays?

This depends on the child's individual risk of dental disease. Children at higher risk of tooth decay may require X-rays more frequently, for example, every 6 to 12 months.

Pregnancy and X-rays

If you are pregnant or think you may be, please inform your dentist. X-rays are only taken if necessary, and appropriate precautions may be used.

Is there such a thing as too many X-rays?

There is no fixed limit. X-rays are safe when taken only when clinically needed. Your dentist will always consider your history, symptoms, risk level, and previous X-rays before recommending any further images.

Does it hurt?

No, dental X-rays are not painful. The process is quick and non-invasive.

LOVE YOUR SMILE