Scale & Polish

Keep Your Smile Healthy with Our Dental Hygienist

What is a Scale & Polish?

A scale and polish is a professional cleaning treatment carried out by a dental hygienist. It removes plaque, tartar (calculus), and surface stains that cannot be removed by brushing alone.

Regular hygiene appointments help keep your teeth and gums healthy and your smile looking its best.

What Happens During My Appointment?

During your visit, your hygienist will:

- Examine the health of your gums.
- Remove plaque and hardened tartar from around your teeth and below the gumline.
- Polish your teeth to remove surface stains and leave them feeling smooth.
- Demonstrate the best brushing and interdental cleaning techniques.
- Offer personalised advice to help you maintain a healthy mouth at home.

Most appointments take **30–60 minutes**, depending on your individual needs.

Why is it Important?

A professional scale and polish can help to:

✓ Prevent gum disease (gingivitis and periodontitis).
✓ Reduce bleeding gums and inflammation.
✓ Remove plaque and tartar build-up.
✓ Freshen your breath.
✓ Remove staining from tea, coffee, red wine, and smoking.
✓ Help protect your teeth for the future.

Healthy gums are the foundation of a healthy smile.

Will it Hurt?

Most patients find treatment comfortable.

If your gums are inflamed or sensitive, you may experience some mild discomfort, but your hygienist will work gently and can take breaks whenever needed.

Please let us know if you have sensitive teeth or feel anxious—we're here to help.

How Can I Keep My Teeth Clean at Home?

For the best results:

- Brush twice a day with fluoride toothpaste.
- Clean between your teeth daily using interdental brushes or floss.
- Limit sugary foods and drinks between meals.
- Avoid smoking or vaping where possible.
- Attend your regular dental and hygiene appointments.

How Often Should I See the Hygienist?

This varies from person to person.

Your dentist or hygienist may recommend appointments every:

- **3 months** – for patients with active gum disease or higher risk.
- **4–6 months** – for ongoing maintenance.
- **6–12 months** – for patients with healthy gums and good oral hygiene.

We will advise you on the interval that is right for you.

We're Here to Help

Our hygienists are dedicated to helping you achieve and maintain a healthy smile.

If you have any questions about your oral hygiene or would like to book an appointment, please speak to a member of our dental team.

Healthy Gums • Healthy Teeth • Healthy Smile

Invest in your oral health today with a professional scale and polish.