

## Hygiene Treatments Frequently Asked Questions

### What is an air polish?

An air polish uses a targeted jet of compressed air, water and specially formulated powder directed at the teeth to remove staining, plaque and calculus from the surfaces of the teeth. A special air polishing dental handpiece is used to perform the treatment. The treatment specifically aims to:

- Remove plaque from the teeth and underneath the gum line, to improve gum health.
- Remove calculus from the teeth to promote gum health and make tooth brushing easier at home.
- Remove even stubborn stains from the teeth to enhance their appearance.
- Prevent tooth decay, bleeding gums, gum disease and tooth loss.

### What is a scale & polish?

A scale & polish uses a hand scaler, and ultrasonic scaler where necessary, to remove deposits of plaque and calculus on your teeth and the gum line. The dentist then polishes the teeth using a special paste to leave them bright and shiny. The treatment aims to:

- Remove plaque from the teeth and gum line, to improve gum health.
- Remove calculus from the teeth to promote gum health and make tooth brushing easier at home.
- Remove some stains from the teeth.
- Prevent tooth decay, bleeding gums, gum disease and tooth loss.

### What causes teeth staining?

Teeth staining is very common, but some things can increase staining, including smoking/tobacco, coffee, red wine, curry, and a poor dental hygiene regime.

### What's the difference between air polishing and a traditional clean/scale & polish?

The air polish uses a specially designed handpiece to direct the air, water and powder towards the teeth and gums. It is specialized because it is designed to clean easy to see areas of the teeth and gums, but also to clean difficult to reach areas, such as between the teeth, under the gum line, and in the natural dips of the teeth. It is also suitable for cleaning around orthodontic brackets, implants, fillings, crowns and bridges. The special powder used polishes the teeth at the same time. A traditional clean & polish uses a scaler or handpiece to clean the teeth. As a result, air polish is more comfortable, quicker and more effective than a traditional clean/scale & polish.

### Is air polishing safe and pain-free?

Yes, the powder used is less abrasive than the paste used in a traditional clean/scale & polish. The treatment is pain-free and non-invasive. Your treatment at Hampton Dental Care will also be carried out by a GDC-registered professional.

### How often should I book in for a hygiene treatment?

This depends on the individual patients' preference. Regular hygiene treatments help keep your teeth and gums looking and feeling fresh. They also help to prevent tooth decay, bleeding gums, gum disease and tooth loss. The procedures are completely safe, so regular hygiene treatments will not harm your teeth or gums.