



## Dental scale and clean

Dental scaling is a deep cleaning of the teeth, including the tartar that has built up above and below the gum line. The average person requires a dental scale and clean every six months to remove plaque buildup and help prevent gum disease from forming.



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## **How often do I need a scale and clean?**

The average person requires a dental scale and clean every six months to remove plaque buildup. Plaque continuously forms on the teeth and, if not removed immediately, starts mineralising after 10-14 hours. The golden rule is to have a routine check-up with your dentist who will determine if you need a dental scale and clean. This process does not weaken the teeth. In fact, regular scale and cleans help to prevent gum disease from forming. These preventive measures are important as gum disease, left untreated, can lead to more serious health complications.

## **Aftercare tips**

After having a dental scale and clean, you may experience some minor pain for a day or two with teeth sensitivity for up to a week. Your gums might also be swollen, feel tender or even occasionally bleed. To control pain, prevent infection and help speed up your healing process, your dentist might prescribe some mouth rinse or a pill. They also may insert some medication directly into the pockets where cleaning was done. You will be given another appointment by your dentist to monitor your healing process and measure the depth of your pockets. More treatment may be required just in case they may have gotten deeper.

## **Preventing gum disease**

Gum disease is something you can prevent at home, but if you fail to schedule regular visits with the dentist, it becomes inevitable. Medications, hormones, certain diseases and what we eat can make it easier to get gum disease and harder to get rid of. If your dentist believes that you have early signs of periodontal disease, you should undergo a dental scale and clean to remove all the tartar, bacteria and plaque from below your gum line. This will prevent further infection and help both your teeth and gums to heal. Contact us to schedule your next appointment.