

A Guide to Dental Hygiene



Air
polishing
available

Preventative dentistry, provided by your dentist and hygienist, plays a vital role in protecting your oral health. This guide will look at the benefits of prioritising regular visits to your hygienist.

Benefits of Regular Dental Hygiene Visits

Identification Of Potential Problems At An Early Stage

Regular visits to your hygienist will help identify any potential oral health issues at an early stage before they result in discomfort, tooth loss or require potentially costly treatment.

Removal Of Harmful Plaque And Tartar

Removal of plaque and tartar build-up helps reduce levels of bacteria that are harmful to your teeth and gums. Brushing alone does not fully remove the build-up of dental plaque and tartar. Within approximately 72 hours any unremoved plaque will begin to harden into tartar, which cannot be removed with a toothbrush but can be effectively tackled by your hygienist.

Protection Against Gum Disease

NHS data suggests that 50% of those over the age of 35 suffer from some degree of gum disease. Gum disease is reversible in its early stages, however, left unchecked it can progress and ultimately lead to pain, bleeding, wobbly teeth, bad breath, receding gums and, ultimately, tooth loss. Your hygienist can help safeguard your gums by removing harmful bacteria from below the gum line.

Elimination Of Stubborn Stains

Certain foods, drinks and medications, as well as smoking, can result in stained teeth. These stains can be removed using an air polishing system, which is a combination of water, compressed air and fine bicarbonate of soda particles that quickly and comfortably cleans and polishes teeth, even those areas that are difficult to access. This method of teeth cleaning is like 'jet washing' your teeth and is suitable for most patients, including those with sensitive teeth, implants, bridges, veneers and crowns.

Dental Care Education

Most people brush their teeth, but many do not do so correctly. Your hygienist can teach you the correct cleaning technique, as well as the type of brush and dental floss you should use for optimum dental care at home.

Supporting Fresh Smelling Breath

Bacteria hiding below the gum line is a common cause of bad breath. Toothbrushes cannot fully access the area below the gum line but your dental hygienist is fully equipped to remove harmful deposits and help keep your breath smelling fresh.

Detection Of Oral Cancer

Your hygienist is able to detect the early signs of mouth cancer. Mouth cancer is treatable if caught early and your hygienist will offer you advice on the risk factors of oral cancer and how you can reduce them. If you are a smoker, or drink excessive amounts of alcohol you may be more at risk.

Confidence Boosting

Knowing your mouth is fresh, clean and healthy gives you the confidence that comes from knowing that your smile is bright and sparkling.

The Next Step

If you would like to know more about dental hygiene, or if you would like to **book your hygiene appointment today:**

Call us now on **01277 289096** or
Email us at **info@together.dental**

www.together.dental