

To polish teeth with fluoride-free organic pumice, first prepare a paste with the pumice and a small amount of water, then apply it to a prophyl cup or brush attached to a slow-speed handpiece. Polish the teeth with a gentle, patting motion, starting with a coarser grit if needed and progressing to a finer one, while frequently reapplying the paste. Finally, thoroughly rinse the mouth and dry the teeth. [1, 2, 3, 4, 5]

Step 1: Prepare the pumice

- Mix a small amount of the fluoride-free organic pumice with water to create a paste.
- The consistency should be similar to a thin mud, not too soupy or too dry. [1, 3, 6, 7]

Step 2: Polish the teeth

- Attach the prophyl cup or brush to a slow-speed handpiece.
- Load the prophyl cup or brush with the prepared pumice paste.
- Place the rotating cup against the tooth surface and use a gentle, patting motion.
- Hold the cup on each tooth for about 2 to 5 seconds.
- Apply light pressure and a slow rotation (around 2500 rpm is common).
- Move the cup slowly and apply pressure, moving it across the surface.
- For best results, if you start with a coarser grit, follow with a finer grit to remove any scratches left behind.
- Keep the cup moving to avoid damage to the tooth structure.
- Frequently renew the paste on the cup as it may dry out. [1, 4, 5, 6, 8, 9]

Step 3: Rinse and finish

- After polishing, thoroughly rinse the mouth with water to remove all traces of the pumice paste.
- You may need to rinse multiple times to ensure all particles are gone.
- Dry the teeth with an air/water syringe. [1, 2]

AI responses may include mistakes.

[1] https://www.researchgate.net/figure/Polishing-and-finishing-protocol-with-pumice-paste-A-Im-pregnate-the-prophylactic-brush_fig3_374415955

[2] <https://uncleharrys.com/products/whitening-pumice-polish>

[3] <https://www.youtube.com/watch?v=-quvXagQPfM>

[4] <https://dimensionsofdentalhygiene.com/article/the-science-of-polishing/>

[5] <https://www.ncbi.nlm.nih.gov/books/NBK513328/>

[6] https://www.youtube.com/watch?v=qxXE5_ER9Ag

[7] <https://www.youtube.com/watch?v=qWrYuaAnwF8>

[8] <https://people.bu.edu/yuweifan/polishing.html>

[9] <https://www.todayssrdh.com/dental-polishing-and-cleansing-agents-a-quick-guide-to-coronal-polishing-considerations/>