

# **SCALING AND POLISHING**

Scaling and polishing is a **professional dental cleaning procedure**.

## **1. Removes Tartar and Plaque**

Scaling cleans off hard deposits and soft plaque that regular brushing cannot remove.

## **2. Prevents Gum Disease**

By removing these deposits, scaling helps reduce bleeding gums, swelling, and bad breath.

## **3. Polishing Makes Teeth Smooth**

After cleaning, polishing removes minor stains and makes the tooth surface shiny and smooth.

## **4. Quick and Painless Procedure**

Usually takes 20–30 minutes and is comfortable for most patients.

## **5. Helps Maintain Oral Health**

Doing scaling and polishing every 6 months keeps gums healthy and reduces the risk of future dental problems.

