SCALING AND POLISHING

TEETH 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.