

1. Teeth Cleaning (Prophylaxis)

Purpose: Remove plaque, tartar, and stains from teeth.

- **Performed by:** Dental hygienist or dentist.
 - **Frequency:** Typically every 6 months.
 - **Procedure:**
 - Scaling: Removes hardened tartar using special tools or ultrasonic scalers.
 - Polishing: Smoothens teeth and removes surface stains.
 - Fluoride Treatment (optional): Strengthens enamel and helps prevent cavities.
 - **Duration:** 30–60 minutes.
 - **Discomfort:** Minimal, mild sensitivity possible.
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2. Cavity Fillings

Purpose: Restore decayed teeth and prevent further damage.

- **Performed by:** Dentist.
 - **Procedure:**
 - Local anesthesia is applied.
 - The decayed portion is drilled out.
 - The space is filled with composite resin, amalgam, or other materials.
 - **Types of fillings:** Composite (tooth-colored), Amalgam (metal), Ceramic, Gold.
 - **Duration:** 30–60 minutes.
 - **Discomfort:** Numbness during and minor sensitivity after.
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3. Root Canal

Purpose: Treat infected or inflamed tooth pulp to save a tooth.

- **Performed by:** Dentist or endodontist.
 - **Procedure:**
 - Local anesthesia is used.
 - The infected pulp is removed.
 - Canals are cleaned, shaped, and filled with a biocompatible material.
 - A crown is usually placed afterward for protection.
 - **Duration:** 1–2 hours (may require multiple visits).
 - **Discomfort:** Minimal during (due to anesthesia); some soreness after.
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4. Dental Check-Ups

Purpose: Routine exams to monitor oral health and catch problems early.

- **Performed by:** Dentist.
 - **Frequency:** Every 6 months.
 - **Procedure:**
 - Visual exam of teeth and gums.
 - X-rays (annually or as needed).
 - Discussion of any issues, habits, or concerns.
 - **Duration:** 15–30 minutes (longer if combined with cleaning).
 - **Discomfort:** None.
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5. Teeth Whitening

Purpose: Lighten teeth and remove stains for a brighter smile.

- **Performed by:** Dentist (in-office) or done at home (under supervision).
 - **Methods:**
 - In-office bleaching with high-concentration peroxide gel and sometimes laser/LED light.
 - Take-home trays with custom-fitted mouthguards and whitening gel.
 - **Duration:** In-office = ~1 hour; Take-home = several days/weeks.
 - **Results:** Noticeable improvement after 1 session (varies by stains).
 - **Discomfort:** Temporary sensitivity is common.
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6. Braces Consultation

Purpose: Evaluate and plan treatment for teeth alignment issues.

- **Performed by:** Orthodontist.
- **Procedure:**
 - Visual exam and x-rays or digital scans.
 - Discuss bite issues (crowding, gaps, overbite, etc.).
 - Treatment options: Metal braces, ceramic braces, clear aligners (e.g., Invisalign).
 - Cost estimate and timeline.
- **Duration:** ~30–60 minutes.
- **Next steps:** Molds/scans and scheduling of treatment.