



## Questions that Patients Usually Ask before Professional Cleaning and the Answers I Give

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Professional cleaning of tartar and bacterial plaque is the essential and most important service in dental practice, let's say the alpha of all other processes.

From the outside, the teeth may look strong and white, but a visit to the dentist is enough, for the tooth that has been aching all night, it reveals that you need urgent cleaning of tartar.

Personally the first thing that draws my attention to the visit I make to the patient is the gums. Tartar is a bacterial biofilm, which means that if you treat a toothache that has pain and then make it sleep soundly, the risk of recurrence has not passed because the disease-causing bacteria are still in the mouth, in a high figure, ready to decay the teeth and damage the gums. Therefore, when you see such a condition as in the picture, it is immediately recommended to clean the tartar and tips on how to maintain good oral hygiene.

In everyday practice I encounter these questions:

1. How long does it take as a procedure?

As a procedure it takes 20 - 60 minutes. If you are a regular patient and show up at the cleaning clinic at least every 6 months it takes approximately 20 - 30 minutes. If you have never cleaned the stones, prepare for 60 minutes, sometimes even cleaning can be done in two sessions. The longer the tartar is left untreated by the patient, the longer it takes the dentist to clean it.

2. Do they hurt?

This is a difficult question and I refuse to answer it. The only thing I can say with conviction to the patient is that the perception of pain is subjective, there are patients who feel pain when they see the cavitron (the device that cleans the stones) and there are others who are not impressed. However, the patient should be calmed and if necessary infiltrative and topical anesthesia is used.

3. Will they turn white?

No, tartar cleaning does not whiten teeth, it just highlights the normal color of the tooth. Teeth and gums will be healthy and it will make the smile shine.

4. I have been told that cleaning tartar hurts my teeth, even if you do it once then you should always do it?! WRONG INFORMATION. If you have stones, bacterial plaque should definitely be cleaned. Not cleaning damages the teeth and gums.

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