

Scaling: Deep Cleaning for Healthy Gums



When is Scaling Recommended?



- **Persistent bad breath:** Bad breath that won't go away with regular brushing and flossing may be a sign of gum disease.



- **Heavy tartar buildup:** Tartar is hardened plaque that can only be removed by a dental professional.



- **Pocket depths of more than four millimeters:** Deep pockets around the teeth provide more space for bacteria to accumulate and can lead to further gum damage.

Benefits of Scaling



- **Removes plaque and tartar buildup:** Eliminating plaque and tartar helps prevent further gum damage and progression of gum disease.



- **Reduces pocket depth:** Scaling reduces the depth of pockets around the teeth, making it easier to clean and maintain good oral hygiene.



- **Improves gum health:** Scaling helps promote healing and regeneration of gum tissue.

Maintaining Healthy Gums



- **Brushing twice a day:** Brushing for two minutes, twice a day, with a soft-bristled toothbrush helps remove plaque from the surfaces of teeth.



- **Flossing daily:** Flossing once a day helps remove plaque and debris from between teeth and under the gum line.



- **Regular dental checkups:** Visiting your dentist for regular checkups and cleanings allows for early detection and treatment of gum disease.

Guidelines For Periodontal Scaling Guardian

Ying Liu



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