

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.

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The Dental Hygienist's Guide to Nutritional Care - E-Book Cynthia A. Stegeman, Judi Ratliff Davis, 2014-02-03 NEW information on relevant cultural issues such as Pros and cons of popular high protein diets Vitamin D deficiency in the United States Vitamin mineral supplements Information on bottled water energy drinks and sports drinks UPDATED content addresses the newly released MyPyramid dietary guidelines FULL COLOR design better illustrates concepts especially the effects vitamin deficiency can have on the oral cavity **Indian Health Service Dental Newsletter** ,1981 Hall's Critical Decisions in Periodontology & Dental Implantology, 5e Lisa Harpenau, 2013-07-31 Hall's Critical Decisions in Periodontology Fifth Edition is designed to guide students and practitioners in applying their decision making knowledge in a structured and logical manner whether in diagnosis treatment selections and options procedures in various treatments or evaluating outcomes This text is organized by clinical problems all designed to help you make on target decisions for optimal outcomes Formerly called Decision Making in Periodontology this text provides new techniques on periodontal therapy are presented The contributors to the text represent both north American and international thinking **Wilkins' Clinical Practice of the Dental Hygienist** Linda D. Boyd, Lisa F. Mallonee, Charlotte J. Wyche, Jane F. Halaris, 2020-01-22 Staying true to Esther Wilkins pioneering vision that made her best selling text the Bible for dental hygienists Wilkins Clinical Practice of the Dental Hygienist Thirteenth Edition progresses through crucial topics in dental hygiene in a straightforward format to ensure students develop the knowledge and skills they need for successful evidence based practice in today's rapidly changing oral health care environment This cornerstone text used in almost every dental hygiene education program in the country has been meticulously updated by previous co authors Linda Boyd and Charlotte Wyche and new co author Lisa Mallonee to even better meet the needs of today's students and faculty while reflecting the current state of practice in dental hygiene Maintaining the hallmark outline format the Thirteenth Edition continues to offer the breadth and depth necessary not only for foundation courses but for use throughout the entire dental hygiene curriculum **Community series in extreme eating behaviors - volume II** Hubertus Himmerich, Ahmad Saedisomeolia, Ute Krügel, 2023-06-01 **Brewers' guardian** ,1880 **Guidelines for Dental Programs in Institutions for Developmentally Disabled Persons** ,1982 *Darby & Walsh Dental Hygiene - E-Book* Jennifer A Pieren, Cynthia Gadbury-Amyot, 2024-01-19 2025 Textbook and Academic Authors Association TAA Textbook Excellence Texty Award Winner Selected for Doody's Core Titles 2024 with Essential Purchase designation in Dental Hygiene online procedure videos are included with new text purchase Human Needs Conceptual Model Oral Health Related Quality of Life frameworks in which all discussions are presented within the context of a person centered care model take the entire person into consideration Learning aids in each chapter include professional development opportunities learning competencies patient education tips critical thinking scenarios and discussions of legal ethical and safety issues which help your practical application and problem solving skills and bring the

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