

DENTAL HYGIENE



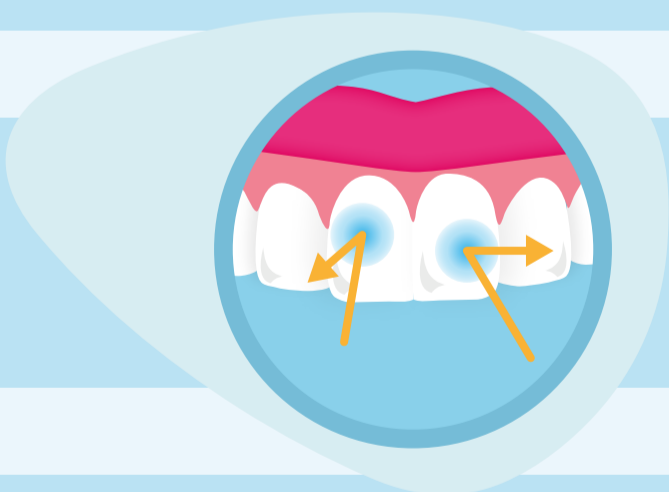
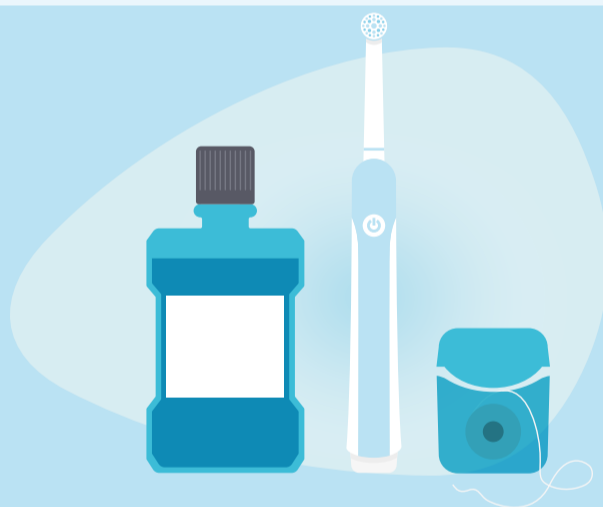
A dental hygiene treatment includes **dental scaling, polishing of tooth surface, cleaning between your teeth** and **removing stains** from your teeth

Making sure your teeth are always healthy will help you **prevent serious dental problems**, which can spare you some stress, time and money



Keeping your teeth and gum healthy can help you **keep your teeth for as long as possible**, while having bad oral hygiene can lead to early tooth loss

Keep in mind that everyday at-home cleaning methods are not satisfactory to keep your mouth completely healthy. **Daily brushing, flossing and using mouthwash is crucial**, but there are areas that only can be cleaned professionally by a dentist



Once you had a dental hygiene treatment it is harder and **less likely for tartar to be formed again**

A dental hygiene treatment is absolutely **needed before some longer or more serious dental treatments**, such as oral surgery or an orthodontic treatment

