

FREQUENTLY ASKED QUESTIONS

If I have regular check-ups with my dentist, why do I need to see a dental hygienist too?

I'm sure you, like many people, have thought at some point, "What can a hygienist do that a dentist isn't already doing?" Anyone who has regular hygienist appointments will easily be able to answer these questions for you. They know how beneficial a visit to a dental hygienist is, both for your smile and your overall health.

What are the benefits to me and my health to see a hygienist ?

Keeping your mouth free from disease and pain will truly have a positive impact on your whole life. You will enjoy fresher breath, and a radiant smile that you won't want to stop showing off. As a hygienist, I also treat issues such as gum disease, research has shown that gum disease can increase the chance of other health issues such as diabetes and heart disease. These are just a few reasons why it's vitally important that you make regular appointments with a dental hygienist to help keep your mouth healthy.

What is the air polishing system and how is it better than what i had before ?

Air Polishing is a dental hygienist treatment that quickly and effectively removes unwanted stains on the front and back of teeth.

The procedure utilises a fine jet of highly compressed air, water and a stream of powder particles to gently and completely remove stubborn stains caused by tea, coffee, red wine and tobacco, as well as staining caused by some mouthwashes.

Air polishing has proven results and is a far more gentler way to remove stains around your teeth and in between difficult areas of your teeth.

Is air-flow polishing available on the nhs ?

Air-flow polishing is only available on private basis with our dental hygienist for cosmetic stain removal.

Look below at the difference made to a old 2 pence coin when cleaned using air polishing system.



CONTACT US

Book now with our hygienist for cleaner & fresher teeth

141 St Georges Road, Glasgow G3 6JB

0141 332 1101

hello@urban-dental.co.uk

www.urban-dental.co.uk



**URBAN DENTAL:
WHAT OUR
HYGIENIST CAN
DO FOR YOU?**





“Your teeth will be professionally cleaned, leaving you with a mouth that feels healthy and fresh.”

Joanne Hendry Dental Hygienist

WHAT HYGIENE PACKAGE SUITS YOU?



The **Classic Polish** is suitable if you attend your dentist on a regular basis however you don't floss regularly and perhaps are concerned with bleeding gums, tartar build and mild staining on front teeth.

The **Diamond Polish** is suited if you do not attend your dentist regularly. It is also ideal for people with mild tooth discolouration from drinking tea or coffee or smoking. Alternatively, if you just wanted to take advantage of a better clean from the air polishing system that is also available!

The **Diamond Ultra Clean** is suitable for you if you have not attended the dentist regularly and are concerned with deep staining around your teeth from smoking or drinking tea or coffee. You may also be concerned with bleeding gums and tartar build up. Or those who have noticed bad breath problems on themselves, are also encouraged to select this package.

The **Bespoke Customised Platinum Clean** is tailored to your needs and requirements. One of our dental team will advise if they think you are suitable for this package; as well as the deep stain removal this option also caters for individuals with moderate to severe gum disease. A programme of treatment can be drawn up for you to suit your situation.

WHAT'S INCLUDED IN YOUR HYGIENIST CARE PACKAGES

Treatment	Classic Polish	Diamond Polish	Diamond Ultra Clean	Bespoke customised platinum deep clean
Oral hygiene & brushing instructions	✓	✓	✓	✓
Clean & Polish	✓	✓	✓	✓
Removal of hard tartar	✓	✓	✓	✓
Removal of mild staining on front teeth	✓	✓	✓	✓
Stain Removal using AIR FLOW POLISHING SYSTEM	*Optional for an additional £10	✓	✓	✓
Full mouth and gum assessment		✓	✓	✓
Deep clean			✓	✓
'Revitalise fresh breath' treatment			✓	✓
Length of appointment	20 minutes	30 minutes	40 minutes	60 minutes Multiple Visits
Investment in your health	£29 *Air Polishing for an extra £10	£44	£59	From £89 per visit - hygienist will provide a tailored quote after initial meeting

* please note above treatments are a guide and that following examination dentist / hygienist will be able to advise you on suitability of treatment.