

The Smilepod Classic (clean & polish)

When you arrive at Smilepod you will be greeted by our friendly Studio Managers. If it is your first time visiting Smilepod we will ask you to fill out a short *Confidential Customer Questionnaire* to confirm your personal details and if you are allergies for example latex or penicillin.

You will then meet one of our friendly dentists who will read through your questionnaire and ask you some general questions such as ‘when you last visited the dentist or had a teeth cleaning?’ The dentist will then sit you back in our dental chair, provide you with some safety glasses (protecting your eyes from any water spray) and will start your treatment.

The Classic (Clean & Polish) involves scaling which carefully removes all the plaque and tartar build up using an ultra-sonic scaler and hand scalers. The ultra-sonic scalers squirts water into your mouth whilst the dentist cleans around your teeth, you will feel slight vibrations at this stage. The dentist clears away all of the debris from around the teeth and under your gums. Once all the plaque and tartar has been removed the dentist will then polish all of your teeth using our prophylaxis paste to give your teeth a lovely silky feeling. The polishing can feel a little tickly on the teeth and gums! After the cleaning is completed the dentist will discuss oral hygiene techniques with you such as flossing and demonstrate how to use an electric toothbrush.

Once the treatment is over the dentist will sit you up in the chair and let you rinse out your mouth, then hand you a mirror to show you your lovely clean teeth. After the Classic Clean you will feel like you have had a new lease of life. Your teeth feel silky smooth and your tongue will not leave them alone. The treatment will take around 30 minutes.

As at Smilepod all our teeth cleaning treatments are carried out by professional and very friendly dentists you do not need a referral.

Regular gum health checks are very important to visit Smilepod on a regular basis. The recommended ‘recall time’ varies from person to person. At your visit your dentist will tell you whether they would like to see you again in 6 months, 3 months or a year.

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