

Hygienist treatments



It is likely when you attend an examination with your dentist, he or she may refer you to a hygienist for further treatment.

This is especially likely if you have gum problems or your teeth require cleaning. Hygienist treatments play an important role in dental health care, prevention of gum disease and maintenance of restorations.

Scale and polish

This is a full mouth scale and polish; it involves removal of plaque (soft deposits) and calculus (hard deposits) from the surface of the teeth. The hygienist will use precise high-tech instruments for professional tooth cleaning which is thorough and leaves nothing behind except a great feeling. The hygienist will also offer you advice on how to maintain good oral health, recommend suitable products for you to use and give nutritional advice on how to prevent your condition from advancing further.

The appointment takes approximately 30 minutes.

Cost £50

Quality care made easy...

☐ Stain removal

This is a unique polishing system which is perfectly painless, and great for your teeth. You will see and feel the difference. AIR-FLOW is a mixture of air and modified sodium bicarbonate combine with a water jet to remove surface staining. It will help to restore your natural smile by removing tobacco, tea, coffee and other dietary stubborn stains. It is an ideal treatment prior to tooth whitening or other cosmetic procedures. The appointment takes approximately 30 minutes

Cost £85

☐ In surgery teeth whitening

We offer the latest chair side “zoom ll professional teeth whitening” system. Take the first step in feeling good and looking great with a brighter, whiter smile in less than an hour. Zoom teeth whitening is safe, effective and very fast and only performed by a dental professional. This involves initial power whitening followed by an at home maintenance program. The procedure is simple it begins with a short preparation to cover your lips and gums leaving only your teeth exposed. The clinician then applies the whitening gel. The zoom light and gel work together to break up stains and discolouration.

During this time you can relax, watch TV or listen to music. The gel is applied for 3 fifteen minute sessions for a total of 45 minutes. Finally you go home with a brighter, whiter smile.

Cost £499

☐ Home teeth whitening

This system involves the use of custom made trays, to be used in conjunction with a professional tooth whitening gel. The tooth whitening process can take between 7-10 days when the trays are worn on a daily basis at home for a minimum of 4-6 hours (trays can be worn during the day or night while you sleep). An initial 30 minute appointment will be required to taken moulds to fabricate the trays and to provide instructions on the use and application of the trays and gel.

Cost £299

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