



# Your Dental Health



by Zane Broome, D.D.S.

## HOW TOOTH POLISHING WORKS

Teeth are almost always polished at the end of a dental cleaning, but have you ever wondered why it's done? Dental polishing includes several benefits such as removing plaque and stains, smoothing the surface of teeth, making teeth look shiny and clean, and preventing gum disease. During a dental cleaning, plaque is first removed through the scaling process. Any remaining plaque is removed during the polishing phase using a rubber cup and polishing paste or air polishing with water and baking soda. Polishing helps remove stains from substances like coffee, wine, and tobacco. For many people, polishing is mostly cosmetic, but it also reduces the level of bacteria in the mouth, helping to prevent cavities and gum disease.

Want to keep your mouth feeling clean, with sparkling teeth and healthy gums? Start with brushing and flossing at home as part of your daily routine, and continue with regular checkups and teeth cleanings and polishing at our dental office at MONADNOCK DENTAL ASSOCIATES. We strive to make you feel at home when you visit our practice at 123 Main Street, Jaffrey, where we combine the latest dental technology with a friendly and relaxing environment. Maximize your smile power by calling us at 603-532-8720.

P.S. While baking soda is used in some toothpastes, it should not be used to polish teeth at home. Using abrasive materials on your teeth can cause enamel loss and tooth damage.

*Ask our staff how to become part of our **Whitening for Life Team***

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