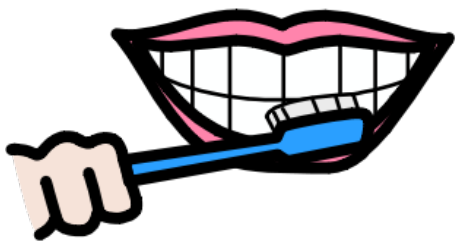


# Special Care Dentistry



## Scaling and Cleaning Your Teeth



Even if you brush your teeth regularly, scale can build up.



You cannot remove this with your ordinary toothbrush.



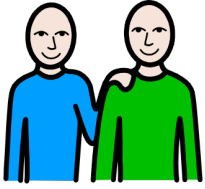
The dentist has special tools to get the scale off your teeth.



This is a scaler. It makes a high pitched noise and sprays water around your teeth. The nurse will use another tool to take the water away.



The dentist will use a small brush with paste on to polish your teeth. You rinse your mouth afterwards.

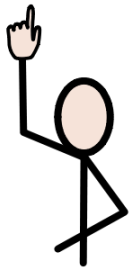


## Things you can do if you are worried about your appointment:

**Support.** Bring someone you trust.



**Music.** Bring your favourite music on an iPod or MP3 player.



**Ask.** Ask us questions about your treatment.

**Stop!** If you want the treatment to stop at any time, raise your hand.



**Visit.** You can arrange a visit to the department to look around before you come for your appointment.

## Things we will do to help you to feel relaxed:



We will explain everything to you.

We will give you plenty of time.

We make sure that you are in control of your treatment.

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