



Having your teeth cleaned at the dentist



Why do your teeth need to be cleaned?

- To help keep your teeth and gums healthy, and your breath fresh.





During your appointment...



You will be asked to take a seat in the dental chair.



The chair will lie back.

The light will go on.



You will be asked to open your mouth wide and the dentist will use a mirror.





The dentist will use a brush to polish your teeth.
The brush is noisy.



The dentist may also use a scaler which may feel sensitive.



The nurse will use suction to remove the water in your mouth.



Your teeth have now been cleaned. Your teeth may feel sensitive for a short time afterwards.



Who can I contact with concerns and queries?

Monday to Friday, from 9am to 4.30pm:

- Tel: 020 3299 1681 or 020 3299 5129
- Location: Department of Special Care Dentistry, Third Floor, Dental Institute, King's College Hospital, Bessemer Road, London SE5 9RS

Out of hours and on weekends and bank holidays, please call NHS111 or your General Dental Practitioner.

MyChart

Our MyChart app and website lets you securely access parts of your health record with us, giving you more control over your care. To sign up or for help, call us on 020 3299 4618 or email kings.mychart@nhs.net. Visit www.kch.nhs.uk/mychart to find out more.

PALS

The Patient Advice and Liaison Service (PALS) is a service that offers support, information and assistance to patients, relatives and visitors. They can also provide help and advice if you have a concern or complaint that staff have not been able to resolve for you. They can also pass on praise or thanks to our teams.

Tel: **020 3299 4618**

Email: **kings.pals@nhs.net**

If you would like the information in this leaflet in a different language or format, please contact our Interpreting and Accessible Communication Support on 020 3299 4618 or email kings.access@nhs.net