

Gently does it

Dental patient **Fiona Broster** provides a different perspective on the EMS Air-Flow, one of the latest innovations in oral cleaning technology

I have very sensitive teeth and gums, and although I want the clean, white end result, the vibration, scraping and scratching involved in scaling and polishing, makes me tense and anxious; I just want it over as quickly as possible.

However, when I heard that direct access dental hygienist Diane Stevens had invested in a new system designed not only to clean your mouth extremely thoroughly, but also very gently, I was eager to give it a try and promptly booked an appointment.

The appointment

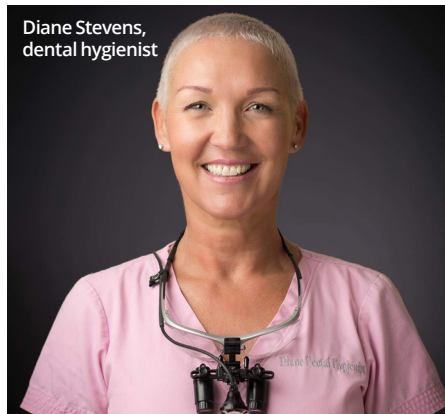
Any anticipatory nerves I had quickly dispelled as I entered the practice. The receptionist warmly greeted me and offered me a seat on one of the big sofas in the spacious waiting room. After I completed the prerequisite forms, Diane appeared and enthusiastically led me through.

I glanced around the light and airy space with the sleek patient chair, strategically positioned under a skylight window.

'So, where's this amazing cleaning machine?' I asked, expecting, but not seeing, some large cabinet of clinical gadgetry. 'This is it!' laughed Diane, indicating a compact white box. As she settled me into the chair, she explained how the system worked, its benefits, and what each stage of the treatment would involve.

The treatment

The EMS Air-Flow uses a combination of a powerful jet of water, air and fine powder, which is controlled and applied by the hygienist in three stages.



Diane Stevens, dental hygienist

There is no abrasion and this super-gentle treatment is recommended for all patients, including those of us with crowns, bridges or implants.

The Air-Flow completely removes any biofilm, a build-up of which can lead to gum disease and other problems. This system cleans below the gum margins and deep within the gum pockets, accessing parts that other systems cannot reach, completely banishing all the bacteria that are lurking there. This deep, detoxifying clean, along with removal of light staining, would form the first stage of my treatment.

Next, Diane would apply the EMS Piezo, a no-pain technology to remove tartar. Finally, she would again use the Air-Flow with a different powder, applied only above my gums to remove heavier staining and restore my teeth to their natural colour.

I was excited at the thought of being able to

walk away with a scrupulously clean mouth and a gleaming smile!

Diane had by now put me completely at ease and I knew I was in competent and caring hands. I was struck by how quiet the machine was, and even more so by how gentle and comfortable I found each of the treatment stages. I was barely aware of Diane's steady, skilful manoeuvring around my mouth, feeling only a fresh tasting circulation of cool mist and a soft swishing sensation. Relieved to find it all so easy, I felt able to relax in the chair and almost enjoy the process.

Following the tartar removal stage, Diane apologetically advised that I had some residual build-up, which she would need to scrape off manually, but she did this so carefully and gently that it was no bother at all.

Following the final cleaning I ran my tongue around my teeth, which were really smooth, and my whole mouth felt fresh and without a trace of soreness.

The result

I gave my feedback to Diane, who, delighted that my experience had been so positive, handed me a mirror so I could see the results. My teeth were noticeably a lot whiter, and I spent the rest of the day with a big – and now very bright – smile on my face.

This great new system, combined with Diane's exceptional professional skills, is nothing less than a five-star treatment for your teeth. Both cosmetically and hygienically you have much to gain – with absolutely no pain. ■

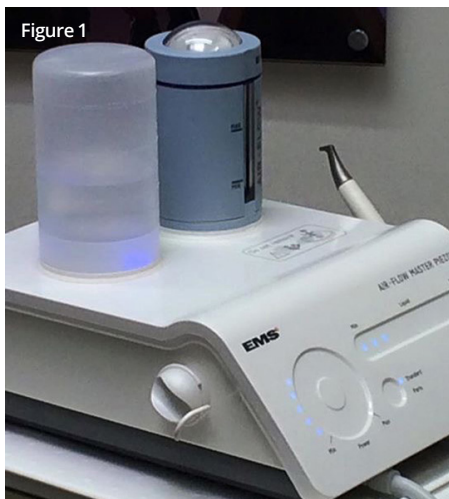


Figure 1



Figure 2

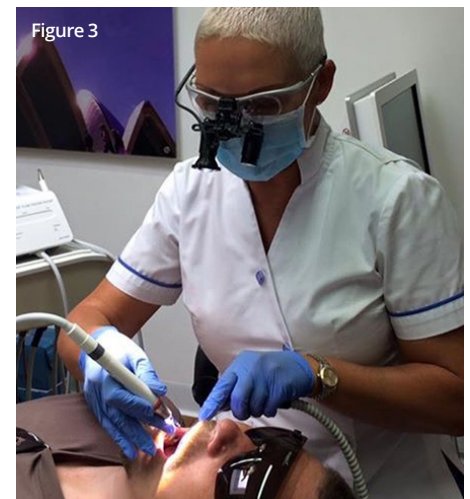


Figure 3