

Your Guide to Full Gum Treatment

Gentle. Painless. Effective.

Why Gum Health Matters

Gums support your teeth and protect your overall health. Without proper care, plaque and tartar (hardened plaque) can build up around the gums, leading to:

- Bleeding gums
- Bad breath
- Gum recession
- Loose teeth
- Gum disease (gingivitis or periodontitis)

If left untreated, gum disease can even lead to tooth loss or affect your general health.

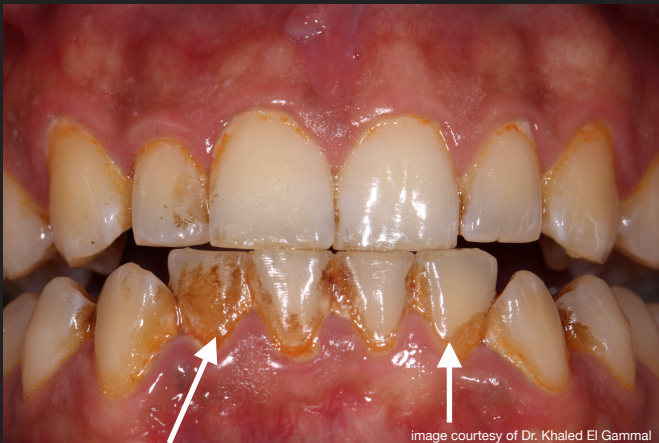


image courtesy of Dr. Khaled El Gammal

Plaque, tartar and biofilm deposits

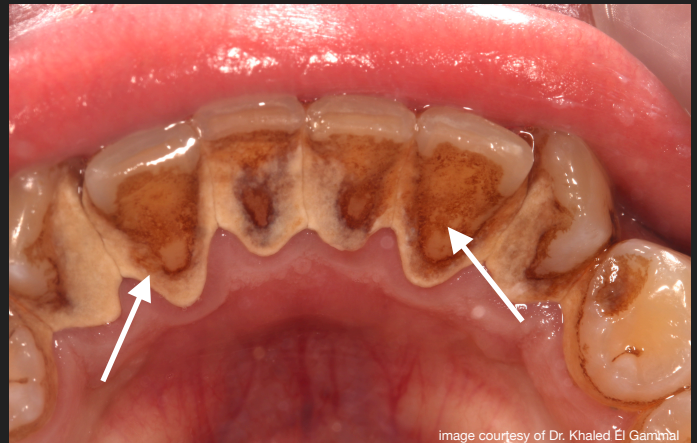
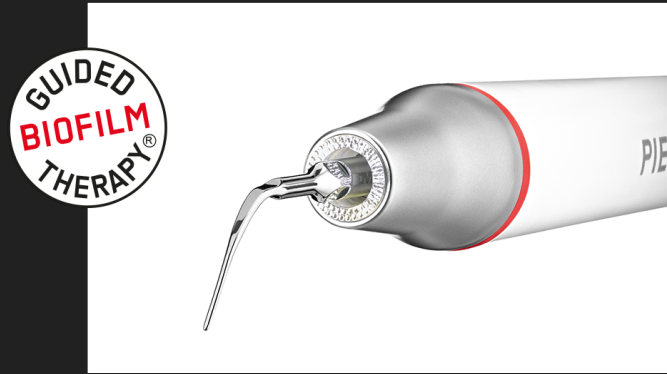


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Plaque, tartar and biofilm deposits

Our Full Gum Treatment – What to Expect

We use a modern, gentle, and high-tech approach to make sure your gum care is painless and effective:



1. Plaque Disclosure: Seeing is Believing

We start by applying a special **plaque disclosing solution**. This temporarily stains plaque and biofilm (bacterial layers), making them **easy to see**.

● This helps you understand where you're missing during brushing and allows us to clean more thoroughly.

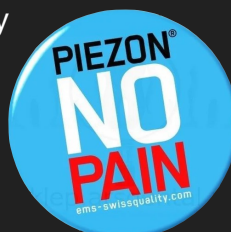


Plaque disclosing solution highlighting plaque, and biofilm deposits.

✓ 2. Guided Biofilm Therapy (GBT)

We use **Guided Biofilm Therapy with Aquacare (UK)** — a gentle air polishing system that uses a fine spray of water and powder to **gently remove plaque, stains, and biofilm** without scratching the tooth surface.

- ✓ Safe on teeth
- ✓ Comfortable on gums
- ✓ Perfect for patients with sensitivity





Aquacare Twin. UK



✓ 3. Swiss NO PAIN Piezon Technology

For tartar (calculus) removal, we use the **Swiss-made EMS NO PAIN Piezon** scaler. It uses **ultrasonic vibrations** and water to remove tartar **without scraping or pain**.

- ✓ Scientifically proven to be **gentle and effective**
- ✓ Adjusts automatically to deliver a **comfortable experience**
- ✓ Ideal for **sensitive teeth and gums**

✓ 4. Gum Pockets & Deeper Cleaning (if needed)

If your gums have deep pockets or advanced inflammation, we will gently clean below the gum line to remove harmful bacteria.

This helps prevent gum recession and tooth loss, and encourages your gums to heal and reattach.



Diode Laser disinfection by Biolase U.S.A

What Is Diode Laser Pocket Disinfection?

Diode laser pocket disinfection is a **quick, painless, and effective** treatment that uses a **soft-tissue dental laser** (we use **BIOLASE**, a world leader in dental laser technology) to:

- **Eliminate bacteria** deep inside gum pockets
- **Reduce inflammation**
- **Support faster healing**
- **Minimize the need for antibiotics**

It's especially helpful in **patients with gum disease** or **deep gum pockets** that are hard to reach with regular cleaning.

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Importance of Routine Gum Maintenance

Gum treatment is not a one-time fix — just like brushing your teeth, **routine care is key.**

We recommend professional gum maintenance every **3 to 6 months**, depending on your needs. Regular visits:



- Prevent gum disease from coming back
- Keep your breath fresh
- Protect your teeth and jawbone
- Support your general health (gum health is linked to heart health, diabetes, and more!)

Our Promise to You:

We understand that gum treatment can feel intimidating — but with our advanced tools and gentle approach, **you'll be amazed how easy and comfortable it can be.**

You're in expert hands. Let us take care of your gums so you can smile with confidence!

Need to book your gum care appointment?

 Call us at **01120700042** or  at **info@cairosmile.com** — we're here to help you smile healthier!

Frequently Asked Questions (FAQ)

1. What is gum cleaning?

Gum cleaning, also called **professional gum treatment or deep cleaning**, is the process of removing **plaque, tartar, and bacteria** from above and below the gum line. It helps treat and prevent **gum disease**, keep your breath fresh, and maintain a healthy smile.

2. Is gum cleaning painful?

No — it's not painful at all.

We use the latest technology, including:

- **Swiss-made NO PAIN Piezon scaler** by EMS
 - **Gentle Guided Biofilm Therapy (GBT)** by Aquacare UK
- These systems are **painless, safe for sensitive gums**, and much more comfortable than traditional methods.

3. How do I know if I need gum cleaning?

You may need gum cleaning if you have:

- Bleeding when brushing or flossing
 - Red, swollen, or tender gums
 - Bad breath
 - Receding gums
 - A buildup of tartar or visible plaque
 - Gums that feel sore or “loose” teeth
- We'll check your gum health during your visit and let you know if gum cleaning is needed.

4. How often do I need gum cleaning?

It depends on your individual gum health. Most people benefit from gum cleaning every **3 to 6 months**.


If you have gum disease or are prone to plaque buildup, we may recommend more frequent visits.

5. What's the difference between regular cleaning and gum cleaning?

- A **regular cleaning (scale & polish)** focuses on removing plaque from above the gum line.
- **Gum cleaning (deep cleaning or full-mouth disinfection)** targets deeper areas **below the gums**, where harmful bacteria can hide and cause damage.

6. What is plaque disclosing and why do you use it?

We apply a **harmless colored dye** to show areas of plaque and biofilm on your teeth.

 This helps us clean more precisely and show you where you may need to improve your brushing at home.

7. Do you use any lasers or advanced tools?

Yes! For deeper disinfection, we may use the **BIOLASE Diode Laser** to:

- Kill harmful bacteria inside gum pockets
- Support faster healing
- Reduce gum inflammation and bleeding

It's **quick, painless, and enhances your treatment results**.

8. Will my gums bleed or be sore after cleaning?

It's normal to feel **mild tenderness** or notice **slight bleeding** if your gums are inflamed. This usually settles within a day or two. Most of our patients say the treatment feels very gentle and surprisingly comfortable.

9. Can gum cleaning reverse gum disease?

Early gum disease (**gingivitis**) can be reversed with professional cleaning and good home care.

More advanced gum disease (**periodontitis**) can't be fully reversed, but **it can be controlled and stabilized** with regular gum care, laser disinfection, and maintenance.

10. What should I do after gum cleaning?

- Brush gently twice a day with a soft-bristled brush
- Floss daily
- Use a mouthwash if recommended
- Avoid smoking
- Return for regular maintenance visits as advised

We'll guide you through everything to keep your gums healthy long-term!



Clinic 108-109. Ground Floor. Health Care City.

Beside Lake View Compound. 90th Street. New Cairo.

WWW.CAIROSMILE.COM

info@cairosmile.com

01120700042