

## About Sight and Smile Centre

Sight and Smile Centre is a state-of-the-art eye and dental care facility established in 2008 in the heart of the Indian capital, New Delhi with the aim of providing world-class healthcare services at affordable costs to all sections of society. Located in Central Delhi, 100 metres from the Patel Nagar Metro station (on the blue line of the Delhi Metro transit system), the facility is also easily approachable by road. Vehicle parking facility is available. Spread over an area of 7200 sq ft, the centre is fully air-conditioned and has an elevator facility for patient convenience. It complies with all fire safety regulations. The comforting ambience, the warm atmosphere and cleanliness make it stand apart. Medical records of patients are maintained for future reference. The facility prides itself in having a fully-equipped ultra-modern eye operation theatre, which is one of the largest in the city. The centre is registered with the Directorate of Health, Govt. of NCT of Delhi and functions from 9 am to 9 pm (Monday - Saturday). Emergency services can be availed round-the-clock. Dr. Pankaj Malik heads the eye department while Dr. Jyoti Malik heads the dental department. It is our constant endeavour to provide such preventive and restorative services to patients that they have the best of sight and smile.



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## GUMS TREATMENT

Fighting periodontal disease



Scaling and Polishing  
Splinting  
Surgical treatment

Patient Information Brochure \*Not valid for legal purposes

## SCALING AND POLISHING

### What is scaling?

Scaling is the most commonly performed non-surgical procedure for gum disease prevention and treatment. Also called “cleaning”, this procedure involves removal of the plaque and tartar (calculi) from the tooth surface above and just below the gum line. This is done by an ultrasonic device in a single sitting lasting no more than 30 minutes. Polishing is done to smoothen the tooth surface.

### How is scaling performed?

An ultrasonic machine (scaler), when powered, produces tickling vibrations at its fine tip which loosens up the plaques and calculi. The scaler tip sprays a continuous jet of water simultaneously which helps to cool the tip and washes away the debris. The device typically emits a humming or high pitched whistling sound.

### Is the procedure safe?

Scaling is an extremely safe procedure and does not damage the tooth in any way.

### Advantages of scaling

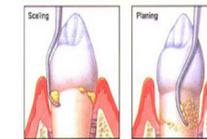
Scaling helps to keep teeth and gums healthy. It also stops periodontal disease from spreading deeper into the bone and requiring surgical treatment.

### What is root planing?

Root planing, also called “deep cleaning”, involves scaling of the exposed tooth root. It is done when deeper parts of the periodontium are affected.



Scaling



Before scaling



After scaling

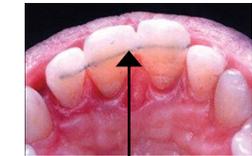
## SPLINTING

### What is splinting?

Splinting is the procedure by which two or more teeth are bound together for a period of time to make a stronger, single, self-supporting unit which is more stable than each tooth individually. The splint is an extremely thin fibre-glass band used with Fibre-Bond or any light cured bonding agent.

### Usual indications of splinting

Splinting is usually indicated for teeth loosened due to periodontitis or injury. Splinting helps the biting forces to be shared by a group of teeth rather than by the affected tooth only.



Splint

## SURGICAL TREATMENT

- ◆ **Sub-gingival curettage:** This involves removal of the surface of the inflamed layer of gum tissue.
- ◆ **Gingivectomy:** Excessive gum growth causes large periodontal pockets to form around the teeth. Gingivectomy removes the excessive gum growth.
- ◆ **Flap surgery:** The gums are lifted from the teeth by creating a flap, the infected pocket of tartar cleaned and the flap placed back in position.
- ◆ **Socket preservation therapy:** Synthetic graft material like hydroxyapatite is placed in the socket of an extracted tooth immediately after extraction. This maintains the socket in its original shape, prevents jawbone resorption and keeps the area conducive for further restorative procedures.



Hydroxyapatite graft

- ◆ **Soft tissue / Bone grafting.**