ROSEVILLE SMILES

SERVICE CATALOG

Service Name **Prophylaxis (Teeth Cleaning)**

ABOUT PROPHYLAXIS (TEETH CLEANING)



Professional prophylaxis, or teeth cleaning, helps remove plaque, tartar, and surface stains to keep your teeth and gums healthy. Our gentle, thorough cleanings are designed to prevent cavities and gum disease while leaving your smile feeling fresh, polished, and well cared for.

FEEL MORE COMFORTABLE CARING FOR YOUR SMILE



If anxiety has kept you from scheduling a dental cleaning, you're not alone. At Roseville Smiles, we take time to understand your concerns and discuss options that can help you feel more comfortable, including sedation when appropriate.

Why Are Professional Cleanings Important?

Professional cleanings remove plaque and hardened tartar that brushing and flossing cannot fully address. They can also remove certain surface stains and support healthier teeth and gums.

Your cleaning needs depend on your oral health. A routine cleaning may be appropriate for healthy gums or mild inflammation. If you have periodontitis, Dr. Sri may recommend scaling and root planing, followed by periodontal maintenance.

How Can Sedation Help?

Sedation can help reduce anxiety during your cleaning. Depending on your health history and treatment needs, options may include nitrous oxide or prescribed oral sedation.

Nitrous oxide is inhaled through a small mask over your nose and helps you relax while remaining awake and able to respond. Oral sedation can make you feel drowsy, and its effects may last beyond your appointment.

Sedation helps manage anxiety. Local anesthetic may also be recommended to numb sensitive areas during treatment.

What Should I Expect?

Before recommending sedation, Dr. Sri will review your medical history, medications, and previous experiences with dental care. We will explain the recommended option, its benefits and risks, and how to prepare.

Follow your individualized instructions for eating, drinking, medications, and transportation. If oral sedation is prescribed, arrange for a responsible adult to accompany you and drive you home.

How Often Should I Schedule a Cleaning?

Your recommended schedule depends on your gum health, dental history, and individual risk factors. Patients receiving periodontal maintenance may need more frequent visits than those receiving routine preventive care.

Let's Make Your Next Visit Easier

Tell us what concerns you about dental cleanings. Together, we can plan an approach that supports your comfort and oral health.

Call or text **(916) 781-3737**, or **request an appointment online** to schedule a visit with Dr. Sri.