

Dental Hygienist Kidbrooke Launches Private Air Polishing Sessions in October 2026 at Kidbrooke Village Dentist (Smile 4 U)

October 28, 2026

London, England - October 28, 2026 -
Kidbrooke Village Dentist (Smile 4 U) has launched private air polishing sessions from October 2026, expanding its dental hygiene offering for patients in Kidbrooke and the surrounding area. The addition makes air polishing available alongside the practice's existing hygiene appointments, giving patients access to a broader range of preventive dental care options.

Dental hygiene appointments at Kidbrooke Village Dentist (Smile 4 U) focus on the removal of plaque and tartar that brushing and flossing alone cannot fully address. During these appointments, the hygienist cleans the teeth and gum margins, removes built-up deposits, and provides guidance on home oral care routines tailored to each patient's specific needs. Regular hygiene visits form part of a preventive approach to oral health, addressing the conditions that contribute to gum disease and decay before they develop into more complex clinical problems requiring more involved treatment.

Air polishing is a hygiene treatment that uses a controlled jet of fine powder and water to remove staining and soft deposits from the tooth surfaces and along the gum line. The technique can reach areas that conventional scaling instruments find more difficult to access, and many patients find it more comfortable than traditional cleaning methods. It is used for stain removal, plaque disruption, and as part of a broader hygiene protocol rather than as a standalone treatment.

Insights about dental hygiene appointments and treatments at Kidbrooke Village Dentist (Smile 4 U) are available at: https://smile4u.co.uk/dentist-kidbrooke-london/general-dentistry/dental-hygiene/.

A systematic review published in 2025 titled "Does adherence to supportive periodontal care lower the risk of caries and related tooth loss?" (DOI: 10.1111/prd.70060), conducted by Donnermeyer D, Meyer-Lückel H, Stähli A, Cosgarea R, and Wierichs RJ, analysed studies spanning from 1947 to 2025. The review found that at patient level, significantly more less-adherent patients experienced tooth loss compared with adherent patients, concluding that adhering to supportive periodontal care reduces the risk of tooth loss in periodontitis patients. These findings relate to periodontal care adherence generally and should not be interpreted as evidence specifically validating any particular hygiene treatment or practice as the means of achieving those outcomes.

A multilevel analysis published in BMC Oral Health in November 2020 (DOI: 10.1186/s12903-020-01319-9) examined clinic-level factors associated with tooth loss in dental patients. The study found that patients attending clinics where oral health instructions were provided for 20 minutes or more had a significantly lower risk of tooth loss, highlighting the role that dedicated hygiene instruction time plays in supporting long-term oral health outcomes. These findings are specific to the patient population and clinical settings studied and should not be generalised as expected outcomes for all patients.

Practice information about Kidbrooke Village Dentist (Smile 4 U) and their dental hygienists is available at: https://smile4u.co.uk/dentist-kidbrooke-london/.

Kidbrooke Village Dentist (Smile 4 U) is a private dental practice serving patients across Kidbrooke and the surrounding areas of South East London. The practice team works across general and cosmetic dental care, with patients attending for routine check-ups, hygiene appointments, restorative treatments, and other dental care depending on their clinical needs. As a private practice, appointment structures are determined by clinical need, which allows for more detailed examinations and extended treatment discussions where the clinical situation requires it.

The launch of air polishing sessions sits within the practice's broader emphasis on preventive dental care. Preventive appointments address oral health concerns before they require more involved treatment, and the addition of air polishing gives patients and the hygiene team a wider set of tools for maintaining gum health

and tooth cleanliness between dental examinations. The practice team discusses treatment options with each patient before proceeding, ensuring that the approach taken reflects individual clinical needs rather than a standard protocol applied uniformly.

Kidbrooke Village Dentist (Smile 4 U) can be contacted directly to arrange a hygiene session or to ask questions ahead of attending. Patients from Kidbrooke and the surrounding areas of South East London are welcome, including those attending a private hygiene appointment for the first time. Those looking for a private dentist Kidbrooke with air polishing now available from October 2026 can contact the practice directly to check availability and arrange an appointment.

###

For more information about Kidbrooke Village Dentist (Smile 4 U), contact the company here:Kidbrooke Village Dentist (Smile 4 U)Maryam Shahid+44-20-8319-1999info@smile4ukidbrooke.co.ukKidbrooke Village Dentist (Smile 4 U), 12A Pegler Square, London SE3 9GR, United Kingdom

Kidbrooke Village Dentist (Smile 4 U)

Kidbrooke Village Dentist (Smile 4 U) is a private and NHS dental practice offering personalised care in a warm setting. Our skilled team provides treatments such as Invisalign® and dental implants, helping you achieve a healthy, confident smile.

Website: https://smile4u.co.uk/dentist-kidbrooke-london

Email: info@smile4ukidbrooke.co.uk

Phone: +44-20-8319-1999