

Dental Hygienist East Dulwich Opens New Air Polishing Appointments From October 2026 at The Gardens Dental Centre (Smile 4 U)

October 30, 2026

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The Gardens Dental Centre (Smile 4 U) has opened new air polishing appointments from October 2026, expanding its dental hygiene offering for patients in East Dulwich and the surrounding area. The addition makes air polishing available alongside existing hygiene appointments, giving patients access to a broader range of preventive dental care options at the practice.

Dental hygiene appointments at The Gardens Dental Centre (Smile 4 U) focus on the removal of plaque and tartar that brushing and flossing alone cannot fully address. Dr Mori Shahid, Principal Dentist at The Gardens Dental Centre (Smile 4 U), said the addition reflects the practice's commitment to offering patients more choice in their hygiene care. "Air polishing gives the hygiene team another option for patients where staining or deposit buildup has been a recurring concern," she noted. During 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.

Professional insights about dental hygiene appointments at The Gardens Dental Centre (Smile 4 U) are available at: https://smile4u.co.uk/dentist-east-dulwich-london/general-dentistry/dental-hygiene/.

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 in isolation.

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 details and information about the dental hygienists at The Gardens Dental Centre (Smile 4 U) is available at: https://smile4u.co.uk/dentist-east-dulwich-london/.

The Gardens Dental Centre (Smile 4 U) is a private dental practice serving patients across East Dulwich 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 appointments 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 fixed protocol.

The Gardens Dental Centre (Smile 4 U) can be contacted directly to arrange a hygiene appointment or to ask questions ahead of an appointment. Patients from East Dulwich 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 East Dulwich with air polishing now available from October 2026 can contact the practice directly to check availability and arrange an appointment.

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For more information about The Gardens Dental Centre (Smile 4 U), contact the company here:The Gardens Dental Centre (Smile 4 U)Maryam Shahid+44-20-8693-4001info@thegardensdentalcentre.co.ukThe Gardens Dental Centre (Smile 4 U), 44B The Gardens, London SE22 9QQ, United Kingdom

The Gardens Dental Centre (Smile 4 U)

The Gardens Dental Centre (Smile 4 U) is a private & NHS dental practice offering tailored care in a welcoming setting. Our skilled team provides treatments such as Invisalign®, composite bonding, and dental implants, helping you achieve a healthy smile.

Website: https://smile4u.co.uk/dentist-east-dulwich-london/

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THE GARDENS DENTAL CENTRE