

Do Dental Cleanings Have to Be Uncomfortable? Is Your Dental Cleaning Truly Advanced?

For many people, the thought of a dental cleaning includes memories of scraping instruments, cold water, and sensitive teeth. Some patients even believe that if a cleaning doesn't feel aggressive or uncomfortable, it probably isn't doing a thorough job.

But what if that assumption isn't true?

Modern dentistry has made remarkable advancements, and today dental cleanings do not have to be rough or uncomfortable to be effective. In fact, one of the most progressive technologies available today, the EMS Airflow Prophylaxis Master, is designed to be far gentler while also being significantly more effective at removing the harmful bacteria that cause dental disease.

One of the first things patients notice about this system is that it uses warm water during the cleaning process. For patients who have sensitive teeth, this can make a tremendous difference. Instead of the cold bursts of water that often trigger discomfort during traditional cleanings, the warm water used with the

Airflow system allows the entire experience to feel much more comfortable and relaxing.

Even more impressive is how effective this approach can be. When used as part of Guided Biofilm Therapy, the Airflow system can remove up to 95% of harmful oral bacteria, compared to approximately 50% with traditional dental cleaning methods. This means patients are receiving a more thorough cleaning while experiencing a gentler procedure.

Understanding the Real Cause of Dental Disease

To understand why this technology is so effective, it helps to understand what dentists are really trying to remove during a dental cleaning.

The primary cause of most dental problems is something called biofilm, which is a thin layer of bacteria that naturally forms on teeth, gums, and dental restorations. If this bacterial layer is not removed regularly, it can lead to cavities, gum disease, inflammation, and complications around dental implants.

Traditional dental cleanings have typically focused on removing hardened tartar with ultrasonic scalers and hand instruments. While these tools are still necessary in certain situations, modern preventive dentistry recognizes that **removing biofilm early—before it hardens—is one of the most effective ways to prevent dental disease.**

This is exactly what Guided Biofilm Therapy was designed to accomplish and why progressive dental practices recognize that this technology represents the future of dental hygiene.

A More Precise and Guided Approach

The EMS Airflow Prophylaxis Master (EMS) is an advanced dental technology developed to deliver Guided Biofilm Therapy in a highly efficient, comfortable, and minimally invasive way. This system uses a stream of warm water, air, and very fine powder to gently remove biofilm from the teeth, gums, and even difficult-to-reach areas.

One of the unique aspects of this approach is the guided process. During the appointment, a disclosing solution is used to highlight areas where biofilm is present. This allows both the hygienist and the patient to visually see where the bacteria are accumulating.

This step serves two important purposes. First, it ensures that the cleaning process targets the areas that truly need attention. Second, it helps educate the patient about their own oral health and where they may need to improve their home care.

Rather than guessing where plaque may be hiding, the

treatment becomes precise and intentional. The result is a cleaning process that is both gentle and extremely effective.

A Better Experience for Patients

One of the most common comments patients make after experiencing this technology is how much more comfortable their cleaning felt. People have made statements like, "I feel like my mouth went to the spa!" Since much of the bacterial buildup can be removed with the Airflow system, the need for scraping with metal instruments is often greatly reduced. Even if a hygienist is using an ultrasonic device, the Airflow system uses less vibrations, less pressure, and is almost twice more effective in removing bacteria in the mouth.

This approach can be particularly beneficial for patients with:

- Sensitive teeth
- Dental implants
- Orthodontic appliances
- Crowns, bridges, or veneers
- Early gum disease

The Future of Preventative Dentistry

Dentistry continues to evolve as new technologies improve both clinical outcomes and the overall patient experience. Systems like the EMS demonstrate how innovation can enhance preventive care in meaningful ways. Rather than simply reacting to dental problems af-



Dentally Speaking

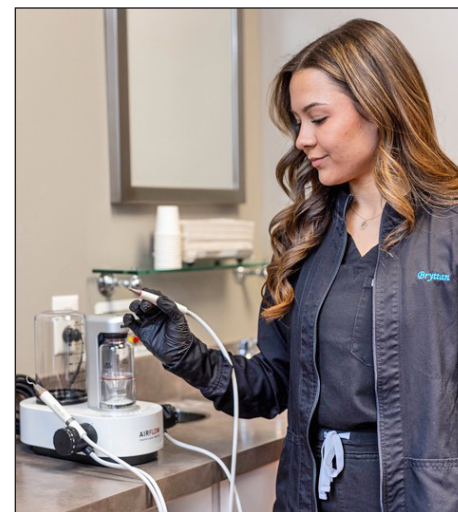

by Jeffrey S. Haddad D.D.S.

ter they occur, this approach focuses on controlling the bacteria that cause those problems in the first place.

Not every dental office offers Guided Biofilm Therapy. Implementing the EMS requires an investment in the technology,

extensive training for the dental team, and a commitment to modern preventive care. Dental practices that invest in technologies like the EMS are demonstrating their commitment to providing the highest level of preventive care possible. For patients, this means cleaner teeth, healthier gums, and a dental experience that is far more comfortable than they may have ever expected.

Jeffrey S. Haddad, DDS of Rochester Advanced Dentistry, completed his dental education at the University of Michigan in 2001. Dr. Haddad is a fellow of the prestigious Las Vegas Institute for Advanced Dental Studies. He lectures nationally on cosmetic dentistry, TMJ and sleep disorders and dental implants. For more information, visit www.rochesteradvanceddentistry.com.

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