

'Scaling Karane Se Daant Dheeli Ho Jaate Hain?'

Yeh Kanpur Wali Myth Aapke Masoodon Ko Chupchaap Kha Rahi Hai

Chai tapri par kisi uncle ne bola: *"Beta, scaling karane se daant dheeli ho jaate hain. Meri dadi ne karwayi thi, daant nikal gaye."* Aur aap saalon se scaling se bach rahe hain — jabki tartar aapke masoodon aur jaw bone ko chupchaap kha raha hai. **Asli sach: daant dheeli scaling se nahi hoti — untreated gum disease se hoti hai. Scaling to sirf woh dhuan hatati hai jo aag ko chhupa raha tha.**

25-30k

vibrations/second — ultrasonic scaler sirf tartar todta hai, enamel ko chhooti nahi lagti

24-48h

mein plaque tartar banne lagta hai — phir brushing se nahi nikalta

₹800+

scaling ki keemat vs ₹35,000+ implant — prevention 40x sasta

30-45 min

ek session — virtually painless, same-day return to routine

CHAPTER 1

Myth Kahan Se Aaya — 'Dadi Ne Karwayi Thi'

Har Kanpur clinic mein yahi sunne ko milta hai: *"Doctor, mera padosi bola ki scaling se daant loose ho jaate hain."* Aur irony? Story sunane wale ke daant peele, masoode se khoon, aur saans mein bad-bu — advanced tartar aur gum disease ke classic signs.

✗ JO LOG SOCHTE HAIN

"Scaling ne meri dadi ke daant dheeli kar di. Tartar to daanton ko pakad ke rakhta hai — usse nikala to daant dheeli ho gayi."

Yaani: tartar = support system. Scaling = support khatam.

✓ ASLI SCIENCE

Tartar ek **fake support** hai — jaise tooti imarat ko sahara deta cement. Gum disease se bone pehle hi khokhla ho chuka hota; tartar us nuksaan ko chhupa raha hota hai.

Scaling dhuan hatati hai, aag nahi lagati. Dheelapan pehle se tha — bas ab dikhne laga.

Blaming the messenger: jab dentist tartar nikalta hai, teeth "loose" *feel*/hoti hain kyunki artificial support gaya — lekin wo daantein pehle se hi bina bone-support ke the. Tartar ne muskaan ke peeche ka sach chhupaya tha.

CHAPTER 2

Aapke Daant Par Kya Chipka Hai? 6-Mahine Ka Chai-Paan Buildup

Lower front teeth ke peeche, gumline par, aur daanton ke beech — jahan brushing pahunchti hi nahi. Har deposit ka apna formation time aur risk level hai.

Deposit Type	Formation	Risk Level	Removal
Plaque (soft biofilm)	24-48 ghante	LOW — brushing se removable	Brush + floss
Tartar/Calculus (hardened)	2-3 hafte	MODERATE — brush se nahi nikalta	Sirf scaling
Subgingival calculus	3-6 mahine	HIGH — gum detachment	Deep scaling + root planing
Stains (chai, paan, tobacco)	Ongoing	COSMETIC concern	Polishing + airflow

CHAPTER 3

Scaling Session — 30-45 Minute Ka Breakdown

Pain? Virtually painless — mild vibration, halki tickling feel. Sensitive gums par topical anesthetic gel. **Time?** Standard 30-45 min; heavy tartar par 60-90 min (kabhi 2 visits). **Cost?** ₹800-2,500 — ek family dinner se kam.

1

Examination

Dentist tartar levels, gum health aur pocket depths assess karta hai. X-ray se bone level check hota hai.

5-10 min

2

Ultrasonic Scaling

Scaler **25,000-30,000 vibrations/second** par tartar todta hai — gumline ke upar aur neeche. Fine water spray debris flush karti hai aur area cool rakhti hai. **Na drilling, na cutting** — pure vibration.

15-20 min

3

Hand Scaling

Fine instruments tight spaces aur gumline ke neeche ke remaining deposits nikalte hain.

5-10 min

4

Polishing

Rubber cup + polishing paste — surfaces smooth hote hain, chai-paan stains halki si nikal jaati hain.

5-10 min

5

Fluoride & Advice

Fluoride application + aapke lifestyle ke hisaab se personalized oral-hygiene instructions.

5 min

CHAPTER 4

Agar Scaling NAHI Karayi — 10 Saal Ka Countdown

Asli khatra scaling nahi — scaling *na* karna hai. Yeh destruction ka predictable timeline hai jo gum-treatment clinics roz dekhte hain — aur yeh simple cleaning se kahin zyada mehnga aur invasive hai.

Month 0-6

1. Silent Buildup

Tartar chupchaap jama hota hai. Brush par khoon aata hai — "chhoti si baat hai" aur aap ignore kar dete hain.

Year 1-2

2. Gingivitis → Periodontitis

Gum tissue daanton se detach hone lagta hai. Pockets bante hain jahan aur bacteria jama hote hain. Bad-breath chronic.

Year 3-5

3. Bone Resorption

Infection jaw bone tak pahunchta hai. Daant anchor karne wala bone literally dissolve hona shuru. Teeth slightly mobile.

Year 5-10

4. Tooth Loss

Major bone loss. Daant visibly loose, shift, aur gir jaate hain — ya extraction padti hai. Tab log kehte hain "daant dheeli ho gaye."

"The teeth that feel 'loose' after scaling were never held by bone — they were held by tartar. Scaling doesn't loosen your teeth; it reveals the truth that gum disease was hiding."

— **The Crown Dental Philosophy** · Science behind the myth

CHAPTER 5

Deri Ki Keemat — Neglect vs Prevention

Kanpur average pricing: preventive scaling ek family dinner ke barabar hai — restorative treatment uska 15-40x. Aap khud hisaab lagao.

Treatment	Kanpur Cost	Kab
Scaling (Preventive)	₹800-2,500	AAJ — 1 visit, 30-45 min
Gum Treatment	₹8,000+	6 mahine - 2 saal neglect baad
Root Canal	₹12,000+	3-5 saal neglect ke baad
Dental Implant	₹35,000+	Daant girne ke baad

Financial hisaab bhi wahi: ₹1,500 ki scaling vs ₹35,000 ka implant — sirf time ka farak. Scaling se daant bachte hain **aur** paisa bhi.

CHAPTER 6

Kanpur Ke Chai-Paan Enthusiast Ka Cleaning Schedule

Kanpur chai, samosa aur paan par chalta hai — aur ismein koi burai nahi. Lekin inhi habits tartar formation ko accelerate karti hain. ADA ka standard: har 6 mahine. Kanpur lifestyle ke liye: zyada frequently.

Lifestyle	Cleaning Interval	Kyun
Average Person	Har 6 mahine	Standard ADA (American Dental Association) schedule
Chai/Paan Consumer	Har 4-5 mahine	Tannins + sugar + areca nut tartar formation speed up karte hain
Smoker/Tobacco User	Har 3-4 mahine	Sabse high-risk category — deposits fastest
Gum Disease History	Har 3 mahine	Periodontal maintenance protocol — pockets monitoring zaroori

Agar aap roz 3+ chai peehte hain, paan/gutka chew karte hain, ya smoke karte hain — aapka scaling interval average se **40-50% kam** hona chahiye. ₹1,500 har 4-5 mahine mein gum disease se bachne ka sabse sasta insurance hai.

CHAPTER 7

Final Facts — Scaling Daant Bachata Hai, Dheeli Nahi Karta

- ✓ **Enamel safe hai:** ultrasonic scaler sirf tartar break karta hai — enamel human body ki sabse hard substance hai, is frequency se bilkul unaffected.
- ✓ **Daant loose nahi hoti:** "looseness" pehle se thi — tartar usse mask kar raha tha. Scaling sach bahar laati hai, problem nahi banati.
- ✓ **Tooth loss prevent hota hai:** bacteria-laden tartar remove karke scaling gum disease ka progression rokta hai aur bone preserve karta hai jo daanton ko anchor karta hai.
- ✓ **Sabse cost-effective procedure:** ₹800-2,500 per session — ek restaurant dinner se kam, jo aapko ₹35,000+ ke implant se bachata hai.

Myth Todna Hai? Aaj Hi Scaling Karwayiye.

Professional ultrasonic scaling — MDS specialists ke haath, completely painless. Kidwai Nagar, Kanpur mein same-day appointment ke liye abhi call ya WhatsApp karo. Aapke masoode aapka intezar nahi kar rahe.

📞 Call Now: +91 8707504822

📞 WhatsApp: 918707504822

The Crown Multispecialty Dental Clinic & Implant Center

📍 133/105 O Block, Site No. 1, Kidwai Nagar, Kanpur — Opposite Bandhan Bank

📞 +91 8707504822 · 📧 thecrownclinic@gmail.com | info@thecrownclinic.in

🕒 Tue-Sat: 11 AM-3 PM & 5 PM-9 PM | Sun: 11 AM-4 PM | Mon: Closed

★ 4.7 rating · 500+ Google Reviews · Founded 2021 · 5+ Years of Clinical Excellence

The Crown Multispecialty Dental Clinic & Implant Center — Kanpur

Sources: American Dental Association · Practo · Lybrate · thecrownclinic.com