

# HEAL DENTAL CLINIC

Your Smile. Our Priority.

Dr. Harshita Sharma | MDS | 10+ Years Experience

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Rating	4.9 / 5   300+ Google Reviews

## About Heal Dental Clinic

Heal Dental Clinic is a trusted, patient-first dental practice located in Haralur, Bengaluru. Founded and led by Dr. Harshita Sharma, the clinic brings together modern dental technology and compassionate care to deliver comfortable, stress-free dental experiences. Patients from Haralur, Ambalipura, HSR Layout, Bellandur, and Sarjapur Road choose Heal Dental for its honesty, clinical precision, and warm environment.

(+) 10+ Years Experience	(+) 4.9 Rated on Google
(+) State-of-the-Art Technology	(+) Same-Day Appointments
(+) Anxiety-Free Dentistry	(+) Conservative Treatment Approach
(+) Transparent Pricing	(+) All Treatments Under One Roof

## Our Dental Services

### ● Root Canal Treatment (RCT)

#### What is it?

Root Canal Treatment (RCT) is a dental procedure that removes infected or damaged pulp (the soft inner tissue containing nerves and blood vessels) from inside a tooth. The hollowed canal is then cleaned, disinfected, filled, and sealed to save the natural tooth.

#### Why is it done?

RCT is performed when decay or injury has reached the innermost part of the tooth (the pulp), causing severe toothache, sensitivity to hot/cold, swelling, or abscess formation. Without RCT, the infection can spread to surrounding teeth and jawbone, eventually requiring extraction.

#### How is it done?

After administering local anaesthesia, the dentist places a rubber dam around the tooth. A small access opening is made on the crown. Tiny files are used to remove the infected pulp and shape the canals. The canals are irrigated with antimicrobial solution, dried, and filled with gutta-percha (a biocompatible rubber-like material). The tooth is then sealed temporarily or permanently, and a dental crown is usually placed afterward for protection.

#### What to expect during the procedure?

The procedure is performed under local anaesthesia, so you should feel no pain—only mild pressure. Mild soreness of the jaw is possible from keeping your mouth open. Most patients are surprised at how comfortable the treatment is.

#### Aftercare & Healing

Mild tenderness around the treated tooth for 2–5 days is normal and manageable with over-the-counter pain relief. Avoid biting on the treated side until a crown is placed. Most teeth with RCT last a lifetime with proper care. A crown placement is usually recommended within 2–4 weeks.

Duration	Recovery	Anaesthesia	Success Rate
1–2 Visits (60–90 min each)	2–5 Days	Local	~95%

### ● Dental Implants

#### What is it?

A dental implant is a titanium screw surgically placed into the jawbone to act as an artificial tooth root. A custom-made crown is attached on top, creating a permanent, natural-looking replacement for a missing tooth.

#### Why is it done?

Implants are the gold standard for replacing missing teeth. They preserve jawbone density, prevent adjacent teeth from drifting, restore full chewing ability, and look indistinguishable from natural teeth. Unlike dentures, they don't move or require adhesives.

#### How is it done?

The process involves three stages: (1) Surgical placement of the titanium implant into the jawbone under local anaesthesia; (2) Osseointegration — a healing period of 3–6 months during which the implant fuses with the bone; (3) Placement of an abutment and custom crown once healing is confirmed. Bone grafting may be required if bone density is insufficient.

#### What to expect during the procedure?

The surgery itself is performed under local anaesthesia with minimal discomfort. You may feel pressure but no sharp pain. Post-surgery swelling and bruising around the gum are common for 3–5 days. Temporary crowns or dentures may be

provided during the healing phase.

### Aftercare & Healing

Eat soft foods for 1–2 weeks. Avoid smoking, which significantly impairs healing. Keep the site clean with gentle rinsing. Full recovery takes 1–2 weeks, though osseointegration continues for months. With good oral hygiene, implants can last 20–30 years or a lifetime.

Duration	Recovery	Anaesthesia	Lifespan
3–6 Months (total process)	1–2 Weeks (surgery)	Local	20–30+ Years

## ● Teeth Cleaning & Scaling (Prophylaxis)

### What is it?

Professional teeth cleaning — also called scaling and polishing — is a preventive dental procedure to remove plaque, tartar (calculus), and surface stains that cannot be eliminated by brushing and flossing alone.

### Why is it done?

Plaque hardens into tartar within 24–72 hours and cannot be removed at home. Tartar causes gum inflammation (gingivitis), bad breath, and, if left untreated, progresses to periodontitis (bone loss around teeth). Regular cleaning every 6 months is the single most effective way to prevent gum disease.

### How is it done?

An ultrasonic scaler uses high-frequency vibrations and water to break up tartar deposits above and below the gumline. Hand scalers are used for fine-tuning. The teeth are then polished with a mildly abrasive paste using a rotating brush to remove surface stains. Finally, fluoride may be applied to strengthen enamel.

### What to expect during the procedure?

Some patients with sensitive teeth or heavy tartar buildup may feel mild discomfort or tingling during scaling. Gums may bleed slightly if there is existing gingivitis — this is normal and improves as the gums heal. The procedure takes 30–45 minutes.

### Aftercare & Healing

Gums may feel tender for 24–48 hours. Mild sensitivity to cold can last a few days. Resume normal eating the same day but avoid extremely hot or cold foods immediately after. Gum bleeding will reduce significantly within a week as gum health improves.

Duration	Recovery	Anaesthesia	Frequency
30–45 Min	24–48 Hours	Not Required	Every 6 Months

## ● Dental Crowns & Bridges

### What is it?

A dental crown is a tooth-shaped cap placed over a damaged, weakened, or discoloured tooth to restore its shape, size, strength, and appearance. A dental bridge is a fixed prosthesis that replaces one or more missing teeth by anchoring to adjacent teeth (called abutments) with crowns on either side.

### Why is it done?

Crowns are used after RCT, to protect cracked or heavily filled teeth, to cover misshapen or discoloured teeth, and to anchor bridges or implants. Bridges restore the ability to chew properly, prevent teeth from shifting, and maintain facial structure.

### How is it done?

For a crown: the tooth is reduced in size under local anaesthesia, impressions are taken, and a temporary crown is placed while the permanent one is fabricated (usually in 5–7 working days). At the second visit, the permanent crown is bonded with dental cement. Bridges follow the same process but involve preparation of at least two abutment teeth.

### What to expect during the procedure?

The preparation visit involves drilling, which is done under anaesthesia — you will feel pressure but no pain. The temporary crown may feel slightly different. The fitting appointment is quick and painless.

### Aftercare & Healing

Avoid sticky or hard foods for the first 24–48 hours. The bite may feel slightly off initially — this self-corrects or is adjusted at a follow-up. Crowns and bridges last 10–15 years with proper care.

Duration	Recovery	Anaesthesia	Lifespan
2 Visits / 1–2 Weeks	24–48 Hours	Local	10–15 Years

## ● Braces & Clear Aligners (Orthodontics)

### What is it?

Orthodontic treatment corrects misaligned teeth (malocclusion) and improper jaw relationships. Traditional metal braces use brackets and wires to gradually move teeth. Clear aligners (such as Invisalign or similar brands) are a series of custom-made transparent trays that achieve the same result discreetly.

### Why is it done?

Crooked or crowded teeth are harder to clean, increasing the risk of decay and gum disease. Misaligned teeth can cause uneven wear, jaw pain (TMJ disorders), and difficulty chewing or speaking. Orthodontics improves both oral health and confidence.

### How is it done?

After a thorough assessment with X-rays and digital impressions, a customised treatment plan is created. For braces, brackets are bonded to teeth and connected by archwires which are tightened periodically (every 4–6 weeks) to shift teeth gradually. For aligners, a new set of trays is worn every 1–2 weeks, each shifting teeth a fraction of a millimetre.

### What to expect during the procedure?

Initial soreness and pressure after tightening (for braces) or changing trays (for aligners) is expected and lasts 2–3 days. Speech may be slightly affected in the first week. Clear aligners should be worn 20–22 hours per day and removed only for eating and brushing.

### Aftercare & Healing

After active treatment, retainers are mandatory to hold teeth in their new positions. Retainers are worn full-time initially, then only at night long-term. Mild soreness at each adjustment is normal; OTC pain relief helps. Maintain excellent oral hygiene throughout treatment.

Duration	Soreness	Anaesthesia	Review
12–36 Months	2–3 Days per adjustment	Not Required	Every 4–6 Weeks

## ● Teeth Whitening (Bleaching)

### What is it?

Professional teeth whitening is a cosmetic dental treatment that lightens the natural colour of teeth using peroxide-based bleaching agents. It can brighten teeth by several shades in a single session.

### Why is it done?

Teeth become stained over time due to coffee, tea, wine, tobacco, and natural ageing. Professional whitening is safer and significantly more effective than over-the-counter products, as the concentration of the whitening agent and the application method are controlled by a dental professional.

### How is it done?

The gums and soft tissues are carefully protected with a barrier gel. A professional-strength whitening gel is applied to the teeth and may be activated by an LED light to accelerate the process. The gel works by breaking down chromogen molecules responsible for staining. The process is typically repeated in 2–3 cycles within a single appointment.

### What to expect during the procedure?

You will feel no pain during the procedure. Some patients experience temporary sensitivity to air or cold during treatment. The dentist monitors throughout to ensure comfort.

### Aftercare & Healing

Avoid deeply coloured foods and beverages (coffee, tea, wine, berries) and tobacco for at least 48 hours after whitening. Tooth sensitivity to cold may persist for 2–3 days — sensitivity toothpaste helps. Results last 6 months to 2 years.

depending on dietary habits and oral hygiene.

Duration	Sensitivity	Anaesthesia	Results Last
60–90 Min	2–3 Days	Not Required	6 Months – 2 Years

## ● Smile Makeover & Smile Designing

### What is it?

A smile makeover is a comprehensive cosmetic treatment plan that combines multiple dental procedures to transform the overall appearance of the smile. Smile designing takes into account tooth colour, shape, size, symmetry, and their relationship with the gums, lips, and facial features.

### Why is it done?

Many people feel self-conscious about cosmetic issues such as discolouration, gaps, chips, uneven gum lines, crowded teeth, or disproportionate tooth sizes. A smile makeover addresses these concerns holistically, delivering dramatic aesthetic improvements.

### How is it done?

The process begins with a detailed smile analysis — often using digital imaging or mock-ups to show the expected result before any treatment begins. Based on the patient's goals and facial aesthetics, the dentist creates a customised plan that may include veneers, crowns, whitening, bonding, gum contouring, and/or orthodontics.

### What to expect during the procedure?

Most procedures involved are minimally invasive or non-invasive. Digital smile design allows you to preview your results. Anaesthesia is used where required (e.g., veneer preparation). Treatment is staged comfortably across multiple visits.

### Aftercare & Healing

Healing time depends on the procedures involved. Veneers and crowns require 1–2 weeks to fully settle. Gum contouring takes 2–4 weeks to heal. Results are long-lasting (7–15 years for veneers, longer for crowns) with proper care.

Duration	Recovery	Anaesthesia	Results Last
2–6 Visits	Varies by Procedure	As Needed	7–15+ Years

## ● Dental Veneers (Porcelain & Composite)

### What is it?

Veneers are ultra-thin shells of porcelain or composite resin custom-made and bonded to the front surface of teeth to improve their colour, shape, size, or length. Porcelain veneers are more durable and stain-resistant; composite veneers are more affordable and reversible.

### Why is it done?

Veneers are ideal for teeth that are permanently stained, chipped, slightly misaligned, worn down, uneven, or have small gaps between them. They provide a long-lasting cosmetic improvement without requiring full crown preparation.

### How is it done?

A thin layer of enamel (0.5–0.7 mm) is removed to make room for the veneer — this is a permanent, irreversible step. Impressions are taken and sent to a lab (or digital design is used). Temporaries are placed for 5–7 days while permanent veneers are fabricated. At the bonding appointment, veneers are etched and cemented with dental adhesive.

### What to expect during the procedure?

The preparation visit uses local anaesthesia. The final bonding visit is usually painless. Minor sensitivity to hot and cold for a few days is common. Your bite will be checked and fine-tuned.

### Aftercare & Healing

Brush and floss normally. Avoid biting nails, pens, or very hard foods. Wear a night guard if you grind your teeth. Porcelain veneers last 10–15 years; composite veneers last 5–7 years.

Duration	Sensitivity	Anaesthesia	Lifespan
2 Visits / 1–2 Weeks	3–5 Days	Local	10–15 Years (Porcelain)

## ● Dental Fillings (Composite / Tooth-Coloured)

### What is it?

A dental filling restores a tooth that has been damaged by decay (cavity) back to its normal shape and function. Modern composite (tooth-coloured) fillings are made of a resin material that is matched to the natural colour of your teeth.

### Why is it done?

Cavities, if left untreated, grow progressively deeper — eventually reaching the pulp and requiring RCT, or causing the tooth to break beyond repair. Fillings halt decay, relieve sensitivity or pain caused by the cavity, and restore full biting function.

### How is it done?

The decayed portion of the tooth is removed under local anaesthesia using a dental drill or air abrasion. The cavity is cleaned, conditioned, and the composite resin is applied in layers. Each layer is hardened with a blue curing light. The filling is shaped and polished to match the bite and natural tooth surface.

### What to expect during the procedure?

The procedure is painless under anaesthesia. You may feel pressure or vibration from the drill. Numbness lasts 2–4 hours after the procedure — avoid eating on that side until it wears off.

### Aftercare & Healing

Some sensitivity to hot, cold, or pressure for 1–2 weeks is normal, especially with deep fillings. If sensitivity persists beyond 2 weeks, consult your dentist. Composite fillings last 5–10 years with good oral hygiene.

Duration	Sensitivity	Anaesthesia	Lifespan
30–60 Min	1–2 Weeks	Local	5–10 Years

## ● Tooth Extraction (Simple & Surgical)

### What is it?

Tooth extraction is the removal of a tooth from its socket in the jawbone. Simple extractions involve teeth that are visible and can be loosened and lifted out. Surgical extractions are required for impacted teeth (e.g., wisdom teeth), broken teeth at the gumline, or teeth with complex roots.

### Why is it done?

Extraction is indicated when a tooth is severely decayed beyond restoration, fractured irreparably, impacted (stuck in the jawbone), causing crowding in orthodontic cases, or infected in an immunocompromised patient. It is always the last resort after all restorative options have been considered.

### How is it done?

After local anaesthesia, the gum around the tooth is loosened. For simple extractions, the tooth is rocked gently and lifted. For surgical extractions, a small incision in the gum is made, and bone may need to be removed. Stitches close the wound. Gauze is placed to promote clotting.

### What to expect during the procedure?

The area is fully numbed — you will feel pressure and movement but no pain. Surgical extractions may take longer. You may feel brief tugging. Most extractions are completed in 20–45 minutes.

### Aftercare & Healing

Bite on gauze for 30–60 minutes after. Avoid rinsing, spitting, smoking, or using straws for 24 hours (risk of dry socket). Eat soft, cool foods for 2–3 days. Healing takes 1–2 weeks for simple extractions, 2–4 weeks for surgical. A blood clot forming in the socket is essential — do not disturb it.

Duration	Recovery	Anaesthesia	Follow-up
20–45 Min	1–4 Weeks	Local	1 Week

## ● Wisdom Tooth Removal

### What is it?

Wisdom teeth (third molars) are the last teeth to erupt, typically between ages 17–25. Wisdom tooth removal is a surgical extraction of one or more of these teeth, often because they are impacted (trapped in the jawbone or gum), misaligned, or causing problems to adjacent teeth.

### Why is it done?

Most people do not have sufficient jaw space for wisdom teeth. They may grow at angles (sideways, tilted), remain partially erupted (creating pockets where bacteria accumulate), push against adjacent teeth, or cause repeated infections, cysts, or jaw pain.

### How is it done?

After X-rays and assessment, local anaesthesia (and possibly sedation for anxious patients) is administered. An incision is made in the gum. If the tooth is impacted in bone, the bone is sectioned and the tooth is removed in pieces. The wound is irrigated, stitched, and gauze is placed.

### What to expect during the procedure?

You will feel pressure but no pain. Surgical removal may take 30–90 minutes per tooth. Post-operative swelling is expected. Stitches dissolve in 7–10 days. Some patients opt for sedation for added comfort.

### Aftercare & Healing

Swelling peaks at 48–72 hours and gradually resolves over 7–10 days. Ice packs help the first 24 hours. Eat liquids and soft foods for 5–7 days. Avoid smoking and straws for at least a week. Take prescribed antibiotics and painkillers as directed. Full socket healing takes 6–8 weeks.

Duration	Recovery	Anaesthesia	Healing
30–90 Min/Tooth	7–14 Days	Local / Sedation	6–8 Weeks

## Gum Disease Treatment (Periodontics)

Gum disease is broadly classified into two stages: Gingivitis (early, reversible inflammation) and Periodontitis (advanced infection involving bone loss). Treatment is tailored to the stage. Both are leading causes of adult tooth loss and are strongly linked to systemic conditions such as diabetes and cardiovascular disease.

## ● Stage 1 — Gingivitis: Scaling & Root Planing (SRP)

### What is it?

Gingivitis is the earliest and most reversible stage of gum disease, characterised by red, swollen, and bleeding gums. Scaling and Root Planing (SRP), also called deep cleaning, is the primary treatment — it removes plaque and tartar from above and below the gumline and smooths the root surfaces to allow gum tissue to heal and reattach.

### Why is it done?

Gingivitis is caused by plaque build-up at the gumline that regular brushing cannot remove. If left untreated, it progresses to periodontitis with irreversible bone loss. SRP halts this progression and restores gum health when performed early.

### How is it done?

Using ultrasonic scalers and hand instruments, tartar is removed from all surfaces of the tooth, including deep beneath the gumline (subgingival scaling). Root surfaces are then planed (smoothed) to remove bacterial toxins and create a clean surface for gum reattachment. The procedure is usually done one quadrant (quarter of the mouth) at a time under local anaesthesia. Local antibiotic agents may be placed under the gum if needed.

### What to expect during the procedure?

The procedure is painless under anaesthesia. Gums may feel tender and appear to recede slightly as swelling reduces — this is normal healing. Some bleeding during the procedure is expected. Mild tooth sensitivity to cold may follow for a few days.

### Aftercare & Healing

Gum tenderness lasts 3–5 days. Use a soft toothbrush, warm salt water rinses, and prescribed mouthwash. Avoid hard or spicy foods for a few days. Gum health improves significantly within 4–6 weeks. Follow-up review is essential to confirm healing.

Duration	Recovery	Anaesthesia	Maintenance
1–2 Sessions	3–5 Days/Session	Local	Every 3–6 Months

## ● Stage 2 — Periodontitis: Gum Curettage & Flap Surgery

### What is it?

Periodontitis is advanced gum disease where infection has progressed below the gumline, causing destruction of the bone and connective tissue that support teeth. Treatment involves Gum Curettage (deep cleaning of infected tissue from within the gum pocket) and, when pockets are too deep to clean non-surgically, Flap Surgery — a procedure where the gum is folded back to allow direct access to the roots and bone for thorough cleaning and reshaping.

### Why is it done?

In periodontitis, deep periodontal pockets (spaces between tooth and gum) harbour bacteria that destroy bone. Untreated, this leads to loose teeth and eventual tooth loss. Curettage and flap surgery eliminate infection, reduce pocket depth, and arrest bone destruction — giving teeth the best chance of being saved.

### How is it done?

**Gum Curettage:** Under local anaesthesia, a curette (small blade) is used to scrape away infected granulation tissue lining the gum pocket, along with calculus on the root surface. This is a closed (non-surgical) procedure. **Flap Surgery (Osseous Surgery):** When pockets exceed 5–6 mm, the gum tissue is incised and folded back as a 'flap,' exposing the roots and bone directly. Infected tissue is removed, roots are thoroughly cleaned, and irregular bone may be reshaped (osseous recontouring) to eliminate pockets. The flap is then sutured back into position. Bone grafts or guided tissue regeneration membranes may be placed if significant bone loss has occurred.

### What to expect during the procedure?

Both procedures are performed under local anaesthesia — you will feel pressure but no pain. Curettage is similar to a deep cleaning visit. Flap surgery is a minor surgical procedure done in-clinic; swelling and discomfort in the days following are expected. Stitches are placed and removed after 7–10 days.

### Aftercare & Healing

Swelling and tenderness peak at 48–72 hours after flap surgery and subside over 1–2 weeks. Eat soft, cool foods for 1 week. Avoid smoking — it severely impairs healing and worsens periodontitis. Use prescribed antibiotics, pain relief, and chlorhexidine mouthwash. Gum tissues fully heal in 4–6 weeks; bone changes are assessed at 3–6 months. Life-long 3-monthly maintenance cleaning is essential to prevent recurrence.

Duration	Recovery	Anaesthesia	Maintenance
1–3 Sessions	1–2 Weeks (Flap)	Local	Every 3 Months

## ● Dentures (Complete & Partial)

### What is it?

Dentures are removable prosthetic teeth designed to replace missing teeth and restore the appearance and function of the mouth. Complete dentures replace all teeth in the upper or lower jaw. Partial dentures fill gaps where some natural teeth remain.

### Why is it done?

Missing teeth affect chewing efficiency, speech, and facial structure (causing the cheeks and lips to sag). Dentures restore the ability to eat a varied diet, speak clearly, and maintain facial aesthetics at a more accessible cost than implants.

### How is it done?

Impressions are taken of the gums and remaining teeth (for partials). A dental lab fabricates the denture. A series of try-in appointments ensures proper fit, bite, and appearance. Final dentures are delivered after adjustments. Implant-supported dentures (overdentures) are also available for greater stability.

### What to expect during the procedure?

The fitting process involves several adjustment appointments. Initial soreness and difficulty speaking or chewing for 2–4 weeks is completely normal as the mouth adapts. Adhesives may be recommended initially.

### Aftercare & Healing

Remove and clean dentures after every meal. Soak overnight in a denture cleanser. Never sleep in dentures unless advised by your dentist. Visit the clinic every 6–12 months for fit checks — the jawbone changes shape over time and dentures require periodic relining. Complete dentures last 5–10 years before replacement.

Duration	Adaptation	Anaesthesia	Lifespan
3–5 Visits / 2–4 Weeks	2–4 Weeks	Not Required	5–10 Years

## ● Paediatric Dentistry (Children's Dental Care)

### What is it?

Paediatric dentistry focuses on the oral health of children from infancy through adolescence. Services include preventive care (fluoride application, pit and fissure sealants), treatment of cavities in milk teeth, space maintainers, and early orthodontic assessment.

### Why is it done?

Primary (milk) teeth are not just placeholders — they maintain space for permanent teeth, aid in speech development, and allow proper chewing. Cavities in children are extremely common and can cause pain, infections, and speech problems if ignored. Early dental habits instilled in childhood prevent a lifetime of dental problems.

### How is it done?

Treatments are adapted to be child-friendly and anxiety-free. Fluoride varnish is painted on teeth to prevent decay. Sealants are thin coatings placed on the grooves of back teeth to block bacteria. Cavities in milk teeth are filled with tooth-coloured or stainless steel crowns depending on severity.

### What to expect during the procedure?

We use a calm, gentle, 'tell-show-do' approach to ease children into dental visits. The clinic environment is welcoming. Parents are welcome to accompany children. Nitrous oxide (laughing gas) can be arranged for highly anxious children.

### Aftercare & Healing

Fluoride treatments and sealants require no recovery. Fillings may cause mild tenderness for 1–2 days. First dental visit is recommended by age 1 or when the first tooth erupts. Regular 6-monthly check-ups establish healthy habits early.

Duration	Recovery	Anaesthesia	First Visit
30–60 Min	Minimal	As Needed	By Age 1

## ● Dental X-Rays & Diagnosis

### What is it?

Dental radiographs (X-rays) are diagnostic images that allow dentists to see what cannot be seen with the naked eye — cavities between teeth, bone levels, root positions, impacted teeth, cysts, and abscesses. Modern digital X-rays use up to 90% less radiation than traditional film X-rays.

### Why is it done?

Many dental problems develop silently below the gumline or between teeth. Without X-rays, decay, bone loss, and tumours can go undetected for years. Timely diagnosis prevents small problems from becoming complex, costly procedures.

### How is it done?

Digital sensors or phosphor plates are placed inside the mouth. Intraoral periapical (IOPA) X-rays show individual teeth and roots. Panoramic (OPG) X-rays show all teeth, jaws, and sinuses in one image. CBCT (Cone Beam CT) provides 3D imaging for implant planning. Results are visible instantly on-screen.

### What to expect during the procedure?

Completely painless. A lead apron is placed over the patient for safety. The process takes 5–15 minutes depending on the type of X-ray required.

### Aftercare & Healing

No recovery required. X-rays are recommended yearly for most adults, and every 6 months for high-risk patients. Pregnant women should inform the dentist — X-rays are generally avoided unless clinically urgent.

Duration	Recovery	Radiation	Frequency
5–15 Min	None	Very Low (Digital)	Yearly

## ● Night Guards & Occlusal Splints (Bruxism Treatment)

### What is it?

A night guard (occlusal splint) is a custom-made dental appliance worn during sleep to protect teeth from the effects of bruxism (teeth grinding or clenching). Sports mouthguards protect teeth during contact sports.

### Why is it done?

Bruxism affects up to 10% of adults and can cause severe tooth wear, cracked teeth, jaw pain, headaches, and TMJ (temporomandibular joint) disorders. Custom night guards are far more effective than over-the-counter options because they are precisely fitted to the patient's bite.

### How is it done?

Impressions of both upper and lower teeth are taken. The guard is fabricated in a dental lab from hard or soft acrylic (depending on the severity of grinding). It is fitted and adjusted at a follow-up visit for optimal comfort and bite.

### What to expect during the procedure?

Wearing takes 1–2 weeks of adjustment. Initial mild discomfort or excess salivation is normal and resolves quickly. The guard is thin and discreet.

### Aftercare & Healing

Clean the guard daily with a toothbrush and mild soap. Store in the provided case. Night guards last 3–7 years with regular use. Address the underlying causes of bruxism (stress management, physiotherapy) alongside wearing the guard.

Duration	Adjustment	Anaesthesia	Lifespan
2 Visits / 1 Week	1–2 Weeks	Not Required	3–7 Years

## Book Your Appointment Today

At Heal Dental Clinic, we believe every patient deserves honest advice, gentle treatment, and a smile they feel confident about. Whether you're visiting for a routine check-up or a complete smile transformation, Dr. Harshita Sharma and her team are here to make your experience as comfortable and stress-free as possible.

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*"Making dental visits feel a little less stressful and a lot more human." – Dr. Harshita Sharma*