

1. Magnesium hydroxide-based toothpaste: Some toothpastes contain magnesium hydroxide, which has natural antibacterial properties that help reduce plaque formation without causing harm to the enamel or gums. Ultrasound scaling: This technique uses high-frequency sound waves to remove plaque and tartar from the teeth. Chewing sticks (Miswak): Chewing sticks are made from natural fibers like neem or licorice root, which contain antimicrobials. It is less invasive than traditional scaling methods and can be more effective in removing stubborn tartar deposits. Air polishing: This is a non-invasive technique that uses air and water pressure to remove plaque and stains from the teeth. Laser scaling: This method uses a laser to remove plaque and tartar from the teeth. It is less damaging to the gums compared to traditional scaling methods, as it does not require the use of metal instruments. It is less abrasive than traditional scaling methods and does not involve the use of chemicals. 2. 3. 4. 5.