

State of the Art Statement

Question: Does 'routine' scaling have any beneficial effects, or is it a waste of time?

Answer: The critical appraisal of the evidence identified a high quality systematic review carried out in 2007 relating to this question.

Since the Cochrane Review of 2007, we could find no new randomised controlled trials to assess the beneficial and sustained effects of routine scaling and polishing.

The conclusions of the Cochrane Review remain current:

“The research evidence is of insufficient quality to reach any conclusions regarding the beneficial and adverse effects of routine scaling and polishing for periodontal health and regarding the effects of providing this intervention at different time intervals. High quality clinical trials are required to address the basic questions posed in this review.”ⁱ

Further info: You can access the full evidence summary relating to this question via our website www.dentistryresearch.org

ⁱ Cochrane Review (2007 update) on routine scale and polish for periodontal health in adults