

Health Advice

What does a hygienist do?

Hygienists' main role is in the prevention of dental disease. The hygienist will discuss the factors involved in tooth decay and periodontal (gum) disease. She will demonstrate effective plaque removal and recommend a range of oral hygiene aids. She will also clean the teeth thoroughly and remove any deposits of plaque, staining or tartar.

Over subsequent appointments the hygienist will monitor any change in the condition of the teeth and gums, and advise further improvements in lifestyle or oral hygiene techniques.

Hygienists can also provide preventive treatments such as fissure sealants and fluoride application.

Why does the dentist not do this work?

Dentists can provide all of these services. However a hygienist is specifically trained to provide this aspect of prevention of dental disease.

We book all hygienist appointments for a full half hour to allow plenty of time for all aspects of preventive care. Experience shows that regular visits to the hygienist can dramatically improve the condition of teeth and gums.

What does the treatment cost?

A treatment plan and estimate will be given before any course of treatment. If you are registered with Denplan all hygienist treatment will be included in your monthly payments