

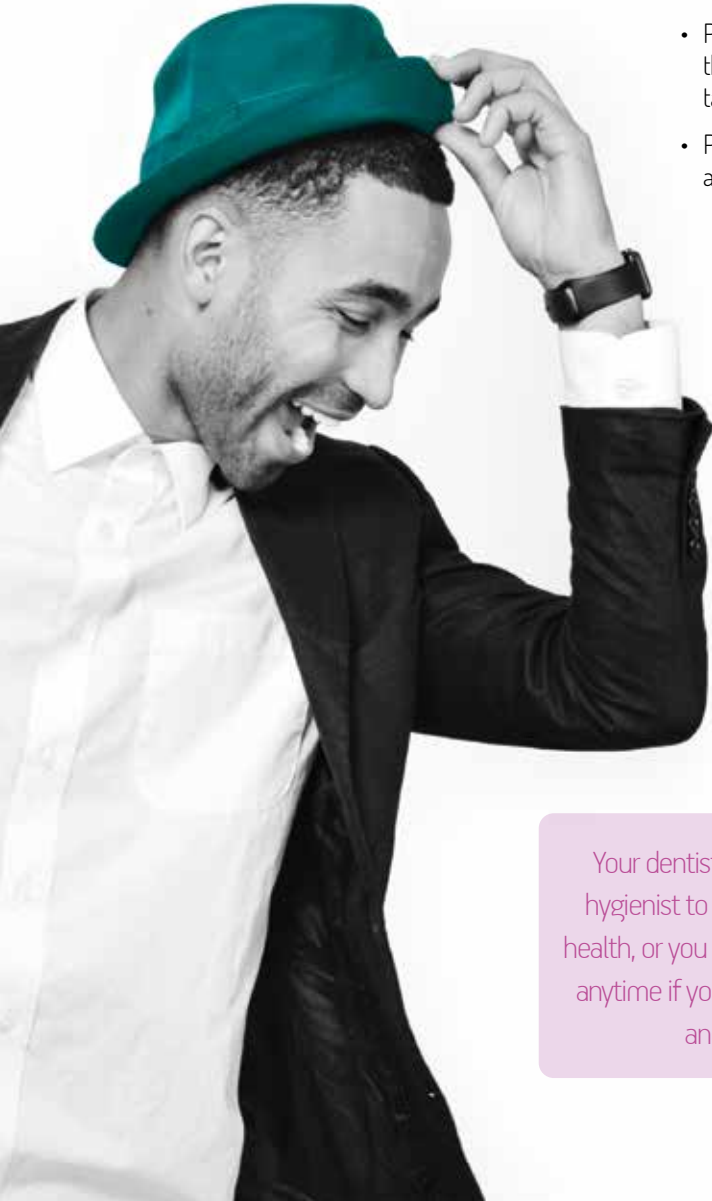
love your smile

Information about
the hygienist and
oral care



{my}dentist®
helping the nation smile

All about keeping your teeth clean, healthy & happy



What can a hygienist help with:

- Removal of stains on teeth
- Professional cleaning above and below the gum line to remove plaque and tartar
- Providing advice on keeping your teeth and gums healthy

Your dentist might advise you visit the hygienist to help you maintain your oral health, or you can choose to see a hygienist anytime if you want help removing stains and plaque build-up.

Why should I see the hygienist?

A hygienist's main job is to prevent and treat gum disease, which is caused by a build up of plaque on the teeth. Plaque is the sticky, white deposit that forms on your teeth when bacteria mixes with food and saliva. If this is not removed thoroughly through brushing and flossing it can harden, turning into tartar, which must be professionally removed.

How is plaque harmful?

The bacteria in plaque and tartar are harmful to your teeth and gums. The bacteria causes irritation, which can cause bleeding, swelling and soreness. If not treated, the bone in your jaw can be damaged, causing teeth to become loose and eventually fall out. Gum disease has also been associated with other health conditions such as cardiovascular disease, lung infections and problems in pregnancy.

When should I see the hygienist?

If a dentist refers you to a hygienist, they will tell you how often you should be seen to help you manage your oral health.

You can also self-refer to many of our practices. Many of our patients enjoy the deep clean feeling of a hygiene treatment and a brighter smile achieved through stain removal.

What happens during the appointment?

Your hygienist will begin by assessing the overall health of your mouth. They will scale and polish your teeth to remove plaque and tartar and remove stains. They may also use air polishing, a jet of air and fine particles to leave teeth sparkling. Your hygienist may apply fluoride to prevent decay and they will provide lots of advice on techniques and products to use to maintain good oral health.

Do hygiene treatments hurt?

A scale and polish is usually pain free, but hygienists can provide a local anaesthetic should you experience any discomfort.

Can children visit the hygienist?

Yes, children can also benefit from having their teeth polished. The hygienist can also apply fluoride varnish to their teeth to help prevent decay if necessary.

How else can I maintain good oral hygiene?

Always brush twice a day for at least two minutes and use floss or inter-dental brushes to clean in between too. Your hygienist will provide tailored advice and product recommendations so make sure to follow this at home. Your diet has a big role to play too so try to minimise the sugar in your food and drinks.

Book your hygienist appointment to help keep your gums and teeth healthy

Benefits of hygienist appointments

- Removes surface stains and plaque
- Leaves teeth cleaner
- Makes teeth look whiter
- Makes gums healthier
- Prevents and treats gum disease
- Reduces bleeding
- Prevents tooth loss

Prices from

£58

(depending on clinical needs.)

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