

Your Smile Dental hygienist

Caring for your dental health and hygiene

Your Smile Dental hygienist is a specially trained member of our team who works with your dentist to provide fully integrated dental care.

The hygienist provides you with individual oral hygiene care and advice:

- to maintain your dental health;
 - to prevent, detect, diagnose and treat gum disease, tooth decay and other oral ailments.
- Keeping you smiling in four ways

The hygienist performs four key functions:

- teaching you oral hygiene techniques and providing you with a personalised dental health care program;
- checking your gums and teeth;
- scaling and polishing your teeth;
- applying decay prevention agents, such as fluoride treatments or sealants.

After thoroughly examining your mouth and teeth, the hygienist will develop a personalised course of treatment for you, explain how dental disease occurs and how it can be prevented.

The hygienist will thoroughly clean your teeth, removing plaque, tartar and stains. A fluoride treatment or preventive sealant may also be applied to help prevent decay.

Why doesn't my dentist do the work?

Your Smile Dental hygienist is a qualified specialist in the maintenance of oral health and hygiene.

Dentists today will typically refer a patient to the hygienist for specialised oral care. Your dentist remains dedicated to providing you with complex restorative and cosmetic procedures.

Your hygienist works under the supervision of your dentist, and provides important feedback to your dentist on your oral health and hygiene.

The importance of home dental care

As your Smile Dental hygienist will explain, caring thoroughly for your dental health and hygiene between visits is essential. Prevention is better than cure. And dental disease can be easily prevented with the right care.

Thorough home plaque-control techniques will help you to prevent both tooth decay and gum disease. The hygienist will show you how to effectively and easily care for your dental hygiene.

Your Smile Dental hygienist will help you to maintain your natural smile for life.

Meet our dental hygienists

See also ...

- Personal dental hygiene plan