

Visiting the Hygienist

What is the Hygienists role?

Hygienists have two main roles - scaling and polishing teeth and teaching patients oral hygiene techniques. They work with the dentist to establish and maintain a programme tailored to prevent dental disease..

Why is this important?

Good home care is important if gum disease and tooth decay are not to progress to more serious problems. The main reason for tooth loss is gum disease. This can be prevented by making sure a good regime of cleaning is kept up throughout ones life.

What will the Hygienist do?

The hygienist will remove calculus (tartar) by meticulously cleaning the teeth. This is known as "scaling and polishing". With correct home care and regular monitoring by the dentist and hygienist it is possible to keep you teeth for life.

Why doesn't the dentist do the work?

The dentist may refer you to the hygienist as they are able to spend more time on the scaling and polishing of your teeth. The hygienist has been specifically trained to teach you how to look after your mouth and guide you to the perfect cleaning regime.

2 Nelson Road | Whitstable
Kent | CT5 1DP
01227 771323

www.khdp.co.uk | info@khdp.co.uk



Use a toothbrush with a small head and with soft textured, nylon bristles

Use fluoride toothpaste

Thoroughly brush for two minutes at least once a day

Remember to concentrate on the area where the teeth meet the gums

Use dental tape or TePe brushes to clean between your teeth - your dentist or hygienist can show you how to do this

Have regular dental check-ups

Minimise the number of between meal snacks and drinks



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