

REMEMBER:

- Teeth are meant to last a lifetime. Tooth loss due to gum disease is NOT an inevitable result of aging
- Cleaning is a 2 step process:
1/ Brush with a soft or electric toothbrush twice daily
2/ Floss or use other approved products to clean in between your teeth once daily
- Visit your dental hygienist regularly to create your own personal maintenance program.



Creating Smiles with Care

Dental Hygiene and Your Hygienist



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What is a Dental Hygienist?

Dental Hygienists are specially trained members of the dental team who work together with your Dentist to provide comprehensive dental care. They play an important role in dental health, preventing dental diseases by providing individual hygiene care and instructions to patients.

What happens during Oral Hygiene visits?

Your Hygienist may perform any combination of the following diagnostic, preventive or educational services during your visit. The type of service will depend on your unique situation:

Diagnostic Services:

- Take necessary cavity-detecting x-rays
- Assess your periodontal (gum) tissue
- Review and update your medical history
- Record any changes in your prescribed medications and physical condition
- Identify any cause of bad breath
- Examine and screen for oral cancer
- Refer you to specialists for specific treatment

Preventive Services

- Clean and scale teeth to remove all plaque and calculus (tartar)
- Remove surface stains from the teeth
- Apply pit and fissure sealants to help prevent decay
- Fluoride application
- Polish teeth, fillings and crowns

Educational Services

- Instruction in tooth brushing and flossing
- Counselling in proper nutrition
- Presentation of prescribed dental treatment
- Education on conditions affecting the mouth



How Often should Oral Hygiene Services be scheduled?

Typically, visits are scheduled every 6 months. However, every person is different and you should check with your Hygienist to see what's appropriate for you.

When should Oral Hygiene services begin?

Beginning exams as early as 2-3 years old allows us to create positive experiences for your child and set a foundation for a lifetime of good dental care.

How do I keep good dental health between visits?

This part is up to you! Be sure to brush and floss every day and follow the program set by you and your hygienist.

Why doesn't the Dentist do the work?

The Hygienist has been specially trained in the cleaning and maintenance of the gums and teeth. Your Dentist will refer you to the Hygienist for more specialised care, while they provide complex restorative care.