

## **Hygienist Treatment**

### Q1. What does a hygienist do?

A1. A hygienist is specially trained to work with the dentist

- to prevent tooth decay (caries).
- to treat and prevent gum disease.
- to give dental care, educate and motivate the patient to take responsibility and care for their own teeth in their daily hygiene routine by brushing and cleaning their mouth and teeth properly and eating a healthy diet.

### Q2. Why do I need to see the hygienist?

A2. Having regular hygienist appointments combined with caring for your teeth at home will keep your teeth and gums healthy. Hygienists can ultimately save you money in the long run as they can give you advice on various brushing techniques and products which will reduce the amount of treatment you require in the future. Having healthy teeth and gums will not only improve your appearance but it will mean you are more likely to keep your own teeth for longer. Hygienists are specifically trained to identify and treat gum disease.

### Q3. How long is an appointment?

A3. An appointment with our hygienist is normally 30 minutes. You might need more than one appointment, depending on how much problems you have with tartar/calculus build up and how much damage it has caused for your gums and surrounding tissues.

### Q4. Why doesn't the dentist do this work?

A4. Hygienists are trained especially to give advice and provide gum treatment such as removing soft and hard bacterial plaque on your teeth. They are also able to give you much more of their time to advise and give instruction and advise than a dentist would.

### Q5. Will I need more than one appointment?

A5. Generally you should have regular appointments but the exact time between the appointments will be advised by your dentist or hygienist. If you have not seen the hygienist before then you may require more than one appointment to begin with but you would be informed of that.

Remember that if you follow the oral hygiene advice given you will not need to see the hygienist as often.

### Q6. Will it hurt?

A6. There is normally no pain from a scale and polish however hygienists can use local anaesthetic if necessary.

Q7. How much does it cost?

A7. The cost for hygienist treatment will vary depending on what is being done and how much time is needed for the treatment but usually it is charged by session. The practice has a pricelist with a price guide for the service. Ask your dentist or hygienist for a quote of your treatment before you start.