



What can a
Dental Hygienist/Therapist
do for you



A much more than you think...!

What **advice** can they give me?

Dental hygienists and dental therapists are equipped to educate, motivate and demonstrate how you can improve your oral health.

They can teach you how to look after your teeth and gums. In fact, they can tailor-make an oral hygiene regime specific to your needs.

They can give pertinent advice on how diet and nutrition affects your mouth. This can help you prevent dental decay, erosion and also reduce some types of sensitivity.

They can explain the impact of smoking on your oral health and help you give up if you want to.

What **treatments** can dental hygienists do?

Scaling and Polishing - removes plaque, tartar (calculus) and staining. This helps to keep your teeth clean and may make them appear whiter. It can also help keep your gums healthy. They can advise on how best to look after your implants, crowns, bridges and dentures.

Deep Scaling - this is cleaning the teeth particularly the roots to help treat gum disease and prevent early tooth loss. Sometimes local anaesthetic is given to make this treatment more comfortable.

Dental hygienists and dental therapists are professional clinicians who are an important part of the dental team. They work alongside dentists helping you to maintain a healthy mouth and smile. Your dentist will refer you to see a dental hygienist or dental therapist if appropriate.

Whitening - with additional training, dental hygienists or dental therapists can carry out tooth whitening.

They can take radiographs (x-rays) and an impression of your mouth if the dentist has asked for this.

They will screen your mouth and gums each visit for any changes and will arrange further examination by your dentist if required.

Can they **help** with bad breath (halitosis)?

Yes. They can discuss the possible causes and the options of treatments. They will show you how to achieve a healthy, clean mouth to help restore your confidence and smile!

Can they **help** with bleeding gums?

Yes. They will show you how to look after your teeth and gums and carry out any necessary scaling to help reduce the bleeding. Sometimes this is related to your general health, this link can be explained and advice given (e.g. diabetes, pregnancy).

What **treatments** can dental therapists do?

In addition to those already mentioned, dental therapists can do routine fillings for adults and children. They can also place caps (crowns) and do special root fillings on baby/milk teeth (deciduous) teeth for children.

Further information:

British Society of Dental Hygiene and Therapy
www.bsdht.org.uk

British Dental Health Foundation
www.dentalhealth.org.uk

produced by:



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BRITISH SOCIETY OF DENTAL HYGIENE & THERAPY

promoting health, preventing disease, providing skills

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