

**How can  
YOUR dental  
hygienist  
support YOUR  
oral health?**

Carry out a full clinical examination of teeth, gums and soft tissues and plan your care

Homecare advice working with you for your optimum oral health

Providing advice and treatment for people with dental implants

Preventing tooth decay by fissure sealants, placement of fluoride and advice on good dietary choices

Screening for oral (and skin) cancer and stop smoking advice

Provide you with sports or night mouthguards or whitening trays

Identification, management and monitoring of periodontal (gum) disease

Support children with their dental visits to ensure an enjoyable experience

Dental Hygienists can work to the prescription of a dentist (NHS and privately) or carry out treatment directly without you needing to see a dentist (privately)