

See and Be Seen: Dental Hygienist

**Yes, you should
Let us tell you why**

But what is it all about?
my teeth seem clean. I'm not in any pain...
Isn't it very expensive?
So why should I?



It is all about prevention! Wouldn't you want to keep all your own teeth for as long as you can?

A visit to the chair doesn't always have to be painful.

If you do your part and follow a routine, it will minimise the discomfort.

It is not just about the teeth. It is also about your gums health, your mouth health, and your health overall. Did you know that you're more likely to experience gum disease if you or someone in your family is diabetic*?

It is important to see us regularly - did you know that you can develop gum disease and not even know it? That's right, you might not notice the initial symptoms and the later stage of the disease is irreversible*. Teeth could start to feel wobbly and that's when things could get complicated and expensive.

We can advise you on pain, diet and lifestyle.

We can also help if you have lost a filling or a crown.

Don't worry if you haven't seen us before, or if you haven't seen a dentist in a long time either.

We can take things slowly and start with small steps.

You are in charge!

We're **here for you.**

See you soon!

