

Stourcote Dental Practice

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- All about
hygienists



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● Looking after your teeth

Remember - you only get one set of adult teeth but by taking good care of your teeth and gums, you're also more likely to keep more of your adult teeth for life. This means that you'll maintain the same ability to eat and drink, and be able to show off a healthy, natural smile.

You can work easily with your dental team to take care of your teeth throughout the whole of your life. Simple things like taking a few minutes of your time everyday to brush and clean between your teeth can really make a difference in reducing the daily damage that can be done to your mouth.

Regular visits to your dental team can then help you to identify any factors that

could place your dental health at risk, allowing you to make small changes to your lifestyle to combat this, and stop dental problems before they start.

Keeping your mouth healthy relies on regular professional advice and guidance, combined with an effective home care routine. This combined preventive approach focuses on keeping teeth and gums healthy for life and reduces the likelihood of needing more expensive, complex, and possibly painful dental treatments or emergency care in the future.

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● All about hygienists

A hygienist can help if:

- You have stained teeth
- You have gum disease
- You struggle to keep effective dental hygiene
- You need advice on how to keep your teeth and gums healthy

They can professionally clean your teeth above and below the gum – this is known as scaling and polishing and is a vital part of keep teeth and gums healthy. Once plaque hardens and becomes tartar only a hygienist can remove it by using specialist equipment.

When should you see a hygienist?

The hygienist's main role is to prevent and treat gum disease and, importantly, show you the best way to keep your teeth free of plaque. Plaque is a sticky, whitish deposit that forms on your teeth when bacteria mixes with food and saliva. The bacteria in plaque produce chemicals that cause gum disease which can lead to bleeding gums, gum shrinkage and, ultimately, tooth loss.

Can the treatments from the hygienist hurt?

A scale and polish is usually fairly painless. If, however, you do experience any discomfort the hygienist can use anaesthetic creams or provide you with a local anaesthetic. It is important to let the hygienist know as soon as possible if you are experiencing pain so they can ease your discomfort.

Should children see the hygienist?

Yes. Children can benefit from having their teeth professionally cleaned. The hygienist can also apply fluoride varnishes which help prevent decay.

Can the hygienist help me keep good oral hygiene?

The hygienist will educate you on the best way to care for your teeth and gums using a toothbrush, fluoride toothpaste, floss and interdental brushes. This helps you look after your teeth and gums between visits. They can also advise on dietary and lifestyle habits such as what food and drinks are best avoided and talk about the ones that will have less impact on your dental hygiene.

The hygienist will work with your dentist to provide you with the care that is tailored to your dental care needs.

