

WHAT IS A DENTAL HYGIENIST?

A dental hygienist performs a variety of tasks related to preventive oral healthcare and patient education.

Scale and Polish: This involves removing plaque, tartar (calculus), and stains from the teeth using specialized dental instruments. Regular scale and polishes, coupled with maintaining good oral hygiene, help prevent gum disease and cavities.

Periodontal Examinations: Our Dental Hygienist will assess the overall oral health of your mouth, making note of any information relevant to assessing your periodontal health, including x-rays, pocket depths, bleeding and plaque scores. This information allows our hygienist to accurately assess the level of disease present, and provides baseline measurements against which to judge the success of ongoing treatment.

Root Planing (Advanced Gum Treatment): In cases where a patient may have more advanced gum disease (periodontitis). Should you require treatment of periodontal disease, our hygienists can provide a comprehensive advanced gum treatment, which is carried out under local anaesthetic. .

Application of Preventive Treatments: Dental hygienists often apply preventive treatments to help protect patients' teeth. This may include the application of fluoride treatments to strengthen tooth enamel and the application of dental sealants to protect vulnerable areas of the teeth from decay.

Patient Education: Dental hygienists play a crucial role in educating patients about proper oral hygiene practices. They provide instruction on effective brushing and flossing techniques, as well as recommendations for oral hygiene products such as toothbrushes, toothpaste, and dental floss. They may also offer guidance on nutrition and its impact on oral health.

HOW OFTEN SHOULD I SEE A DENTAL HYGIENIST?

We recommend that most patients visit every six months, in between their regular dental check-ups. You may need to visit more frequently if you are a smoker, have gum disease or you are pregnant.

JME Dental Devon Park Clinic Devon Park House 108 Salthill Road Lower County Galway H91 YV4Y
091 520 222 086 306 2400 (24 HR) devonpark@jmedental.ie

JME Dental Liosban Clinic Unit 11A Centrepoint Liosban Industrial Estate Tuam Road, County Galway H91 W6ER 091
342 555 086 306 2400 (24 HR) liosban@jmedental.ie