

# Hygiene session

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Oral hygiene is the basis of good long term dental health because:

- your gingival and bone support for all your teeth and implants need to be at their optimum before any advanced treatment can be undertaken
- after any course of dental treatment it is vital that oral hygiene is maintained to minimise future dental treatment.
- recent dental research has shown a link between poor gingival health and heart disease.

Our Dental Hygienist will always seek to keep you well informed and ensure you get the maximum benefit from your regular appointments.

Preventive dentistry is the modern approach to reducing the amount of dental treatment required to maintain a healthy mouth and help keep your teeth for life.

Tooth loss primarily results from gum disease and decay. The work of the Dental Hygienist complements that of the Dental Practitioner and focuses on prevention.

Regular appointments and appropriate treatments with the Dental Hygienist, together with dental examinations, can help prevent the need for future fillings and extractions.

## Reasons why you should see a Dental Hygienist:

- *Treating gum disease*
- *Bleeding gums (Gingivitis)*
- *Loose teeth (Periodontics)*
- *Receding gums*
- *Gum abscesses*
- *Routine preventative care and maintaining healthy gums*
- *Oral hygiene instructions*

## What happens at a Hygiene appointment?

First, the Dental Hygienist will examine your gums to check their condition. She will give you the necessary course of treatment and advice to help you return your gums to good health (if necessary), and to prevent re-occurrence by placing you on a maintenance program.

During the hygiene session, the Dental Hygienist will remove plaque (a sticky film of bacteria), tartar (calcified plaque), and stains.

She will inform you as to how many visits she will need to remove all the deposits present. This will vary depending on the clinical situation, and individual needs.

Once all the deposits have been removed, the Dental Hygienist will place you on an ongoing preventative maintenance programme of 3, 4 or 6 monthly recall intervals, depending on individual needs again.

During your course of treatment the Dental Hygienist will also be giving you Dental Health Education. This will involve showing you and advising you what products you need to use at home on a daily basis to keep the plaque levels to a minimum and to help you maintain your professional cleaning.

By keeping up with your personal and professional cleaning routine you will be able to stabilize any gum problems, and prevent re-occurrence.