

Visiting the Hygienist

Woodford Dental Care is delighted to be able to offer the services of five qualified and experienced dental hygienists. Our hygienists have all had experience of working in general practice, private practice and hospital settings.

For many of our patients at Woodford Dental Care visiting the hygienist will be a new experience. This information sheet is designed to answer some commonly asked questions. If there is anything else you are unsure about please do not hesitate to speak to any member of staff.

What is a hygienist?

Dental hygienists are specially trained to work with the Dentist in providing care to patients. They play an important role in dental health care and are mainly concerned with gum health, showing people correct home care to control dental plaque (the bacteria that live on our teeth). The hygienist's main role is to professionally clean your teeth.

Why is this treatment important?

Regular professional cleaning combined with your home care will help keep your mouth healthy. A clean and healthy mouth will improve your appearance. It will also help you to keep your teeth and give you fresh breath.

Will the treatment hurt?

Scaling and polishing is usually pain free. However, if you do have any discomfort the hygienist can use anaesthetic gels, or give you local anaesthetic. It is important that you let the hygienist know at the time so they can help with any discomfort. Sometimes, when the gums are very inflamed, you may feel some discomfort when they are cleaned. In these cases the hygienist may go over your brushing and interdental care to ensure the inflammation subsides before continuing your professional clean at another visit.

If you continue to clean your teeth the way the hygienist has shown you the gums will start to heal and the treatment should be more comfortable the next time.

Why doesn't the dentist do this work?

Hygienists have been specially trained to carry out scaling and polishing and can spend longer with you. They are also expert at teaching you how to look after your teeth and gums.

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At Woodford Dental Care, we have a dentist who has a special interest in periodontal (gum) therapy. They work closely with the hygienist to ensure optimum gum treatment for patients who have more severe gum problems. Your dentist may refer you to them if this is required.

What will happen at the appointment?

Firstly the hygienist will check your medical history to check that any materials and equipment we use will not interfere with any existing medical conditions or medication.

The hygienist may take some measurements of the gum pocket depths at your first appointment, which we will use to monitor the progress of your gum condition.

The hygienist will also show you how to keep your teeth free from plaque at home, using methods tailored to you. They will then start to clean your teeth above and below the gum line. Depending on the condition of your gums and how much calculus (tartar) deposits there are, your hygienist may recommend you return for some further appointments.

If a filling or crown is defective, for example if it has decay underneath it, then it could become loose during the visit. If this did happen then the filling would have needed replacing whatever the situation. Scaling would not dislodge fillings on healthy teeth.

Fees

Scaling is available on the NHS with your dentist but where more intensive cleaning is advised this is offered as an option under private contract with the hygienist at a cost of £50.00 per session. We ask for a £20.00 deposit in advance to reserve your appointment.

Cancellations

Please note that we require 2 working days notice of cancellation. There will be no refund of the £20 without this notice.

If you have anything you wish to discuss please speak to any member of staff or telephone us on 0208 504 0262.

To find out a little more about each hygienist, please visit our website www.woodforddentalcare.co.uk or have a look at our book of staff members in reception.