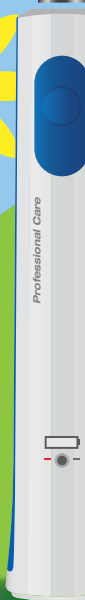
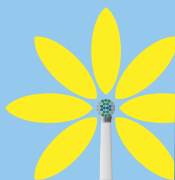
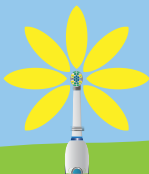
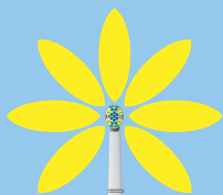
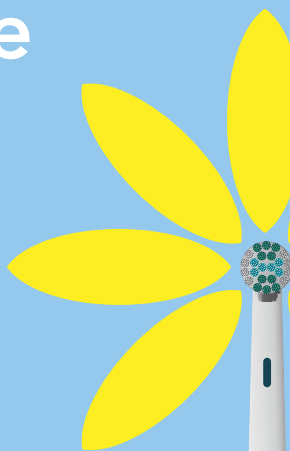


all you need to know about visiting the hygienist

your guide to a
healthy, fresh
smile...



THE DENTAL PEOPLE
OASIS

good oral hygiene prevents gum disease and tooth decay. it's also an important part of your overall general health. that's why at Oasis, we believe it's important to have a hygiene visit regularly.



What is a hygienist?

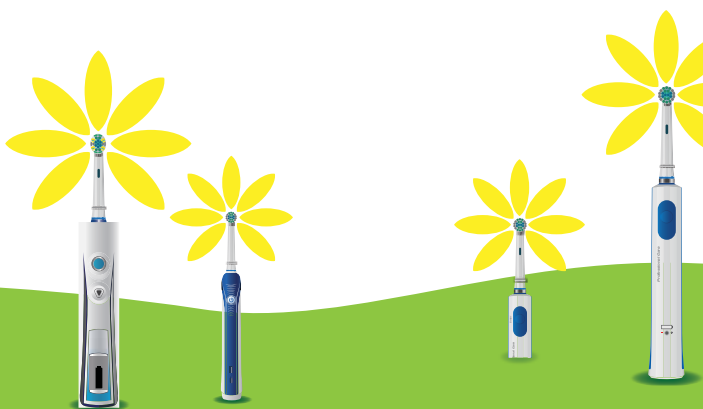
The hygienist's main role is concerned with gum health, oral hygiene instruction and applying preventive materials to the teeth and gums. They will also give advice on diet and preventing dental decay as well as professionally cleaning your teeth; this is called scaling and polishing. Children can also benefit from having their teeth professionally cleaned by the hygienist.

Why is this treatment important?

Regular cleaning, in combination with visiting your dentist, will maintain your newly improved oral health. A clean and healthy mouth will not only prevent dental decay and gum disease, it will also give you fresh breath.

Why does the dentist not do this treatment?

Some dentists do offer this type of treatment, although many now see the benefits of doing this in conjunction with the hygienist, who is specially trained to carry out scaling and polishing. Plus they are experts at teaching you how to look after your teeth and gums.



How can visiting the hygienist help prevent dental disease?

The hygienist is trained in preventive measures, carefully removing the build up (tartar) from your teeth and teaching you how to prevent it reforming again. This will go a long way to slowing the progress of gum disease.

By discussing your diet, and recommending other preventive measures, your tooth decay can also be slowed down. Regular visits and advice will help build your confidence in maintaining your oral health and achieving a healthy mouth.

What will treatment be like?

Your Oasis hygienist will do all they can to ensure that you are relaxed and do not experience any unnecessary discomfort during treatment. For more extensive treatment, a hygienist may use a local anaesthetic to numb your teeth and gums, but in the vast majority of cases this just isn't necessary. However, if you are a nervous patient or have any concerns, then please don't hesitate to talk to your dentist, who will be happy to reassure you.

What can I do at home to look after my teeth and gums?

In between your visits to the dentist and hygienist you can do a great deal at home to maintain your oral hygiene.



These are our top tips:

- Consider upgrading to an electric toothbrush
- Brush your teeth at least twice a day with a fluoride toothpaste – a pea sized amount should be plenty
- Brush for at least 2 minutes – look for a toothbrush with a timer function
- Change your toothbrush, or toothbrush head, at least every 3 months
- Clean between your teeth with floss or inter-dental brushes to get at those places your toothbrush doesn't reach
- Cut down on sugary foods and drinks
- Brush your tongue – it will help to remove bacteria and freshen your breath

How do I make an appointment?

Your Oasis dentist needs to refer you to see the hygienist - they must prescribe what hygiene treatment you need based on their assessment of your oral health at your dental examination. If you have not had a dental examination recently, you may require a dental examination before visiting the hygienist. If you are a new Oasis patient and wish to register at the practice, you will need to have your new patient examination with your dentist before visiting the hygienist.

