

Dental hygienist vs dentist - what's the difference? - Smile Solutions

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measure the pocket depth around each tooth and the level of the gum recession. Any bleeding points and mobility of teeth will also be recorded as part of your gum assessment. Most of the time, gum examination is pain free. However, you might experience some sensitivity at the sites where the gum is not perfectly healthy. After the gum assessment, your hygienist/dentist will explain the results to you and prescribe suitable oral hygiene treatments. If your gums are healthy and stable, your clinician will give your teeth a scale and clean to remove all the plaque and calculus. They will use an ultrasonic machine, which sprays water and vibrates. After that, some cleaning with hand instruments might be required. You will also have your teeth polished with a pleasantly minty paste. With everything now clean and fresh, this is the best time to have a fluoride treatment to strengthen your teeth. At each appointment, you will be given some guidance on how to maintain good oral health at home. Your hygienist will give you advice based on the gum assessment and will ask about your hygiene routine at home. They might point out areas you need to improve on, demonstrate techniques of brushing and flossing, and recommend oral hygiene products, such as an electric toothbrush and interdental brushes. How often should I visit the hygienist? In an ideal scenario, where all factors are controlled, standard dental hygiene recall is done every six months. This enables a healthy mouth to remain healthy and free of any pain or problems. However, if there are complicated gum problems that cannot be addressed with a general scale and clean appointment, your hygienist will discuss a treatment plan with you. This might include a few more appointments for deep and heavy cleans, or it might involve a referral to a gum specialist (periodontist) for further treatment.

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