



Plumstead Dental Surgery

Hygienist Appointments



Did you know that routine appointments with your PDS hygienist could save you hundreds of pounds in dental fees?

WHAT IS A DENTAL HYGIENIST ?

Dental hygienists are specially trained to work as part of a dental team, focussing mainly on providing preventative care for your teeth and gums. Your hygienist plays a very important part in your dental health routine by offering tips and advice in order to keep your teeth and gums healthy.

WHAT DOES A HYGIENIST DO?

Your PDS hygienist will provide regular cleaning to remove harmful plaque and tartar from your teeth, this is often called a 'scale and polish'. Plaque is a sticky coating that forms constantly on your teeth and if it is not removed regularly or properly can result in tooth decay.

A clean and healthy mouth will improve your appearance, help you to keep your teeth and give you fresh breath.

Hygienists also pay close attention to your gums by checking for early signs of gum disease such as periodontitis and gingivitis, as well as sharing tips and advice on your diet and how to care for your teeth at home.

Your PDS dental hygienist is able to perform a number of different treatments and services, including, taking dental x-rays, place fissure sealants, apply fluoride varnishes and administer fluoride treatments. For more information about the services your hygienist can provide, please ask either your PDS dentist or hygienist.

PDS strongly advises that you bring your children to a hygienist from an early age in order to promote good oral hygiene practice for the years to come.

Treatments from £45 (30 minutes minimum)

Phone: 0203 627 3060

Calls are charged at local rates from a BT landline

Website: www.plumstead-pds-health.co.uk

E-mail: plumstead@pds-health.co.uk
