



Hygienist Services

Dental hygienists not only meticulously clean patients' teeth, they are specially trained to assess the health of the gum and supportive structure of teeth. They are trained to provide highly effective removal of plaque and to provide plaque prevention strategies for you to follow. This is an essential part of protecting your oral health and ensuring you have strong teeth for life.

Regular visits to the hygienist help prevent periodontal (gum) disease, bleeding gums and dental decay. Your hygienist will also provide advice on diet and the most effective ways of preventing dental decay. With careful attention you will not be one of the 19 out of 20 people who suffer from gum disease at some point in their life.

Benefits of visiting the hygienist

- Preventive advice – day-to-day care of your gums and teeth
- Teeth cleaning and polishing
- Administration of fluoride if deemed necessary
- Applying fissure sealants
- Stain removal
- Reduces bad breath



Call us on
01542 886251

3 ways your hygienist can make you feel fresh, healthy and confident:

1. Giving you the professional deep clean feeling.

If you don't brush correctly, plaque forms on teeth and, if not removed, hardens to form calculus. Your hygienist will use special instruments to remove plaque and calculus. Then your teeth will be polished to remove stains and marks on them.

2. Looking for dental problems.

According to the NHS gum disease is estimated to affect more than half of adults in the UK. The main cause of this is the bacteria found in plaque. If left unchecked, gum disease becomes more and more difficult to treat. Gum disease has been linked to a number of major health problems, including heart disease.

Your hygienist is specially trained to identify, and tackle, gum disease. Professional proper cleaning helps to prevent and treat it.

This all helps you to stay healthy, to look good, to enjoy fresh breath and to keep your teeth for life.

3. Giving you the best advice.

Visits to your hygienist help you to keep your mouth healthy. Looking after your teeth and gums properly at home is also crucial. Our expert hygienists will give you the best and latest advice on exactly how to do this.

Money well spent

Lots of our patients now enjoy an even more affordable way to enjoy TLC like this on a regular basis.

Our dentists will give you regular examinations as part of your membership.

Our hygienists will give you the best preventative care during regular appointments.

Many who've chosen this option say their teeth and gums feel the best they have for years.



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Why The Keith Dental Practice?

Your teeth and gums are important. Please choose a dental practice you can trust.
We can help you to feel good about your teeth and gums.

Please get in touch if you want to:

- Enjoy feeling fresh with healthier, better-looking teeth and gums
- Do everything you can to prevent dental problems and tackle gum disease
- Start to feel the benefits after just one visit
- Get the best advice about how to look after your teeth at home
- Achieve all this without spending a fortune
- Be treated by experienced hygienists who know the best ways to keep your mouth healthy

Finding out more is easy...

To find out more, or to book in for a consultation, simply give us a call on the number below or email us:



t: 01542 886251

e: info@keithdental.co.uk

w: www.keithdental.co.uk