



THE IMPORTANCE OF HYGIENIST VISITS

More than just a clean

Regular visits with your dental hygienist are an important part of maintaining healthy teeth and gums.

While brushing twice a day and cleaning between your teeth at home are essential, there are areas that can be difficult to clean effectively. Plaque can build up around the teeth and, if it isn't removed, can harden into tartar (calculus), which cannot be removed with a toothbrush alone.

Your hygienist can help remove this build-up, assess your gum health and give you personalised advice to help you maintain a healthy smile between appointments.

Why is gum health important

Healthy gums provide an important foundation for healthy teeth.

Gum disease is extremely common and can develop when plaque builds up around the teeth and gums. In its early stages, it may cause bleeding, redness or swelling.

If gum disease is left untreated, it can progress and may eventually lead to damage to the tissues and bone supporting your teeth.

The good news is that **gum disease can often be prevented and, when identified early, successfully managed.**

Regular hygienist visits, combined with effective cleaning at home, can play an important role

What happens during a hygienist appointment

Your appointment will be tailored to your individual needs.

Your hygienist may:

Remove plaque and tartar

Professional cleaning helps remove deposits that brushing and interdental cleaning cannot remove effectively.

Assess your gum health

Your hygienist can monitor the condition of your gums and identify signs of inflammation or gum disease.

Give you personalised advice

Everyone's mouth is different. Your hygienist can show you the most effective brushing and interdental cleaning techniques for your teeth and recommend suitable products and interdental brush sizes.

Help remove surface staining

Professional cleaning can help remove certain types of surface staining caused by foods, drinks and lifestyle factors, leaving your teeth feeling cleaner and looking brighter.

Monitor changes over time

Regular visits allow your dental team to monitor your oral health and identify changes early, so that appropriate advice or treatment can be provided when needed.

How often should I see the hygienist

There isn't a single interval that is right for everyone.

Some patients may benefit from regular three- or six-monthly appointments, while others may need to attend more or less frequently depending on their individual oral health and risk factors.

Your dentist or hygienist will recommend an appropriate recall interval based on factors such as:

- Your gum health
- Your oral hygiene routine
- Your risk of tooth decay
- The amount of plaque and tartar you develop

- Whether you have dental implants, bridges, crowns or orthodontic appliances
- Previous or existing gum disease
- Your lifestyle and general oral health

Your hygienist appointment should be tailored to you – not simply based on a standard schedule.

Can I just brush my teeth at home

Absolutely – and you should!

Good home care is the most important part of your daily oral hygiene routine.

However, even with excellent brushing, it can be difficult to reach every area of your mouth. Tartar can also develop when plaque is allowed to remain on the teeth and harden.

Think of your hygienist visits as **supporting the work you do at home**, rather than replacing it.

A good combination of:

Effective home care + professional cleaning + regular dental examinations is one of the best ways to maintain your oral health.

What are the signs I might need a hygienist

You may benefit from a hygienist appointment if you notice:

- Bleeding when brushing or cleaning between your teeth
- Red, swollen or tender gums
- Persistent bad breath
- A build-up of tartar
- Staining on your teeth
- Receding gums
- Food regularly becoming trapped between your teeth
- Difficulty keeping certain areas clean

Don't wait until your gums become painful. **Gum disease can often develop without causing significant discomfort**, which is why regular professional monitoring is important.

Hygienist visits and dental implants

If you have dental implants, maintaining excellent oral hygiene is particularly important.

Plaque and bacteria can affect the tissues surrounding an implant, so your dental team may recommend a personalised maintenance programme.

Your hygienist can show you how to clean effectively around your implants and recommend the most appropriate brushes or other cleaning aids.

Hygienist visits for children and young people

Good oral hygiene habits start early.

Children and teenagers can benefit from learning how to brush effectively and clean between their teeth. A hygienist can provide age-appropriate advice and help children understand why looking after their teeth and gums is important.

Making oral hygiene part of their normal routine from an early age can help establish habits that last a lifetime.

Your hygienist is here to help

A hygienist appointment isn't about being told off for how you clean your teeth.

It's about helping you do the best you can.

Our hygienists are here to work with you, not judge you. Whether you have excellent oral hygiene or you're struggling with certain areas, we can help identify what is working, what could be improved and how to make your routine easier.

Small changes can make a significant difference.

Keep your smile healthy between visits

To get the most from your hygienist appointments:

Brush twice a day

Brush for two minutes using fluoride toothpaste.

Clean between your teeth

Use interdental brushes or floss once a day, as recommended by your dental professional.

Don't ignore bleeding gums

Bleeding can be a sign of inflammation and should not simply be considered normal.

Keep your dental examinations

Hygienist appointments and dental examinations work together. Your dentist checks the overall health of your mouth, teeth and gums, while your hygienist focuses particularly on prevention and gum health.

Follow your personalised advice

The advice you receive from your hygienist is based on **your mouth, your needs and your oral**

Prevention is better than treatment

Regular hygienist care is about more than making your teeth feel fresh and clean.

It is about **preventing problems, protecting your gums and helping you keep your natural teeth for longer.**

At **Cranfield Dental Care**, our dental team works together to provide preventative care tailored to your individual needs.

If you're due a hygienist appointment, or you're experiencing bleeding gums, staining or a build-up of tartar, speak to our team.

Healthy gums. Healthy teeth. Healthy smile.

Cranfield Dental Care

Helping you maintain a healthy smile for life.

Contact our Reception team 01462 434323 for general enquiries, or speak to our **Treatment Coordinator (TCO)** 07714117790 for advice and information about your treatment options.

We're here to help you understand what's available and find the right next step for you.