

DENTAL HYGIENISTS: ORAL CARE FOR BETTER OVERALL HEALTH

Regular dental hygiene care is more than a great smile - it can help save your life.
Dental hygienists do more than clean your teeth.

Prevent Problems

Regular visits to your dental hygienist can prevent gum disease and cavities.



Make Mouthguards

No matter your age or sport of choice, dental hygienists can fit you with a custom mouthguard to protect your smile!



Improve Oral Health

Dental Hygienists remove plaque and stains, give local anesthetic, take x-rays, apply fluorides and more.



Identify Disease

Monitor changes in the mouth and in the head & neck which can be the first line of detection of oral cancer, sleep apnea or diabetes.



Monitor your Blood Pressure

Primary care includes monitoring blood pressure - and your dental hygienist can do this!



See your dental hygienist as part of your primary health care plan!