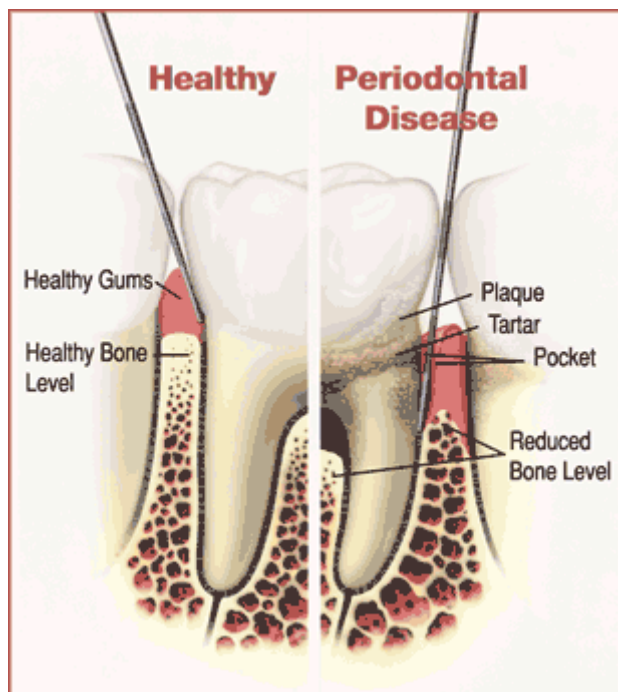


What is a Dental Hygienist?

- A Dental Hygienist is a dental professional who works in coordination with the dentist to prevent and maintain the health of your teeth and gums.
- The role of the dental hygienist is to examine, monitor and treat gum disease.
- Gum disease is caused by bacteria which live in plaque (yellow or brown, hard and mineralised to teeth).
- Gum disease in the mildest form is called gingivitis and symptoms include red swollen gums, bleeding when brushing and sometimes a mouth odour. Periodontitis is a more severe form of gum disease and symptoms include receding gums, mobile teeth and sometimes tooth sensitivity.



- If you think you have experienced Gum Disease please consult your Dental Hygienist/Dental Therapist - Meg Young.
- Meg is happy to take the time necessary to assist your needs and teach specific techniques of tooth brushing, flossing and general cleaning in order to prevent Gum Disease.