



The Dental  
Hygienists'  
Association of  
Australia Inc.  
QLD Branch

## What is a dental hygienist?

Dental hygienists are specially trained members of the dental team who work together with your dentist to provide fully integrated dental care. They play an important role in dental health, preventing dental diseases by providing individual oral hygiene care and instruction to patients.

The dental hygienist cleans teeth by removing plaque, calculus (tartar) and staining. Both adults and children can benefit from having their teeth cleaned and polished with a dental hygienist as they are taught how dental disease occurs and how it can be prevented. To help prevent decay the dental hygienist will also apply fluoride treatments as well as preventive sealants (fissure sealants) to the permanent back teeth if needed.

## Why doesn't the dentist do the work?

The dental hygienist has been specially trained in the cleaning and maintenance of the mouth, teeth and gums. A dentist will refer a patient to a dental hygienist for more specialised care, while they provide complex restorative care.

With individually taught home care techniques and regular maintenance your dental hygienist can assist you to maintain your teeth for the rest of your life.



[www.dentalhygienist.com.au](http://www.dentalhygienist.com.au)