

**Our Mission Statement:**

*“Our aim is to deliver  
the highest standard  
of care in a  
comfortable and  
friendly  
environment.”*



# CASTLE DENTAL CARE

We'll take care of you

First Floor,  
Tangmere Square,  
Castle Vale,  
Birmingham  
B35 6DL

Tel: 08443878877

[www.castledentalcare.org.uk](http://www.castledentalcare.org.uk)

### Opening Hours

Monday 9am - 5.30 pm  
Tuesday 9am - 5.30pm  
Wednesday 8.30am - 5.00pm  
Thursday 8.30am - 5.00pm  
Friday 8.30am - 4.30 pm

Wheelchair access available



Leaflet revised 21/06/12

# Referral to the Dental Hygienist



It is likely that when you attend an examination with your dentist, he or she may refer you to a hygienist for further treatment. This is especially likely if you have gum problems or your teeth require cleaning.



Dental hygienists are Dental Care Professionals (DCPs) who work as part of the practice's clinical team. Their work focuses on the treatment and control of periodontal disease (gum disease) and dental caries (tooth decay). A hygienist will also offer you advice on how to maintain good oral health, recommend suitable products for you to use, and give you nutritional advice on how to prevent your condition from advancing further.

Dental hygienists are experts in the management of gum disease you may be referred to them for more intensive treatment such as deep scaling to help remove damaged tissue from your mouth which promotes healing and regeneration of healthy tissue.

- **Oral health advice.** tailored to your needs, with extensive peri-odontal therapy. Their therapy involves scaling of your teeth and also the removal of plaque and tartar which extends below the gum-line. This is essential for those with gum (periodontal) disease.
- **Prevent Disease.** Our hygienists are also adept at using the latest Ultra-sonic scalers and instruments used in preventing, stabilising and treating gum disease. Thus, prevention means less treatment and cost for you!
- **Prevent Bad Breath.** Bad breath can often be caused by gum disease and poor oral hygiene. Regular scaling by your hygienist can prevent this along with diet advice.
- **Remove Tooth Staining** which may be caused by smoking, tea, coffee, wine etc.

### **Pain relief during treatment.**

Most people find having their teeth scaled and polished a comfortable experience, but in a small number of cases, especially those with sensitive teeth, may experience some slight discomfort. Please advise the hygienist if you are anxious about sensitive teeth or you have experienced sensitivity in the past. We have a range of methods to alleviate this, which include anaesthetic gels, desensitising pastes and local anaesthetics.



### **Our Practice Shop**

During your visit to us you may be invited to buy oral hygiene products to assist in the maintenance of your oral hygiene. Whilst you are under no obligation to buy these products from us, we do aim to offer you a good range of products at a competitive price.