



**Wayside Dental Practice**

2 Douglas Road, Harpenden  
Hertfordshire. AL5 2EW

Tel: 01582 712470

Fax: 01582 623130

Web: [www.waysidedental.co.uk](http://www.waysidedental.co.uk)

Your hygiene treatment will involve the following;

- Assessment and monitoring of you oral health.
- Oral Hygiene advice to help treat or prevent gum disease. This may also include information on how this may affect your general health.
- You will be advised on a home care programme on how to brush your teeth at home and what is best specifically for you for cleaning in between your teeth.
- Scaling of the teeth to remove any tartar which may prevent you from cleaning effectively. This will help you to maintain good oral hygiene
- We will polish your front teeth with a rubber cup and polishing paste to remove any staining

Following the treatment the risks are;

- Increased recession of the gum tissue
- Post-scaling sensitivity
- Food packing between teeth
- Increased inflammatory bleeding when starting interdental cleaning at home which will subside when in a daily routine

Your hygienist will discuss with you how to manage these risks.

If your hygienist feels you need treatment that is not within her scope of practice then she will make you aware and refer you to the dentist.

Regular hygiene appointments are recommended to maintain oral health and prevent gum disease.

I understand the cost of this appointment will be £68.50 for 30mins (£54.50 for Oral Care Plan patients). This time is subject to change depending on my oral health condition and I may require further appointments.

Signature .....