

# Dental hygiene



Having braces taught me what foods I can eat and what bubblegum I can and cannot chew but beyond that it has shown me to further explore a future in dental hygiene. Some things you can do as a dental hygienist is clean and remove plaque from teeth, educate others about the importance of caring for your oral health which is the gateway to a person's overall health. Becoming a dental hygienist professionally requires you to obtain an associate degree in dental hygiene. They affect the average American by educating them about dental care.

And their earnings depend on where they work, and the amount of time worked. A dental hygienist's work is very complex which is generally attributed to the work of a dentist. Their work falls into various sections including pre-procedures care, in office treatment of dental patients, and post procedures care. Dental hygienists take or update medical and dental histories, and record blood pressure (Moravia). They also remove deposits from teeth; examine gums and teeth to discern the appearance of diseases or oral abnormality.

They strip the teeth of callus, stains, plaque, take x-rays applies cavity-deterrent agents (what dose a dental hygiene do). All this information then comes all together to create a dental hygiene treatment plan (Moravia). One important qualification to be a dental hygienist is to work well with others since it's a people oriented field and a good manual dexterity because they use dental instruments. High school students should take a preparatory curriculum. Your studies should include chemistry biology or physics, with laboratory experience.

A minimum of an associate's degree or certificate in dental hygiene is required to take the licensure examinations to work in a private dental office. Dental hygienists must be licensed by the state in which they practice. To qualify, candidates must be graduates of a dental hygiene program and pass both written and clinical examination. They also educate people about dental care. Dental hygienists have the chance to teach patients from childhood to their senior years that teeth suppose to last a life time.

Working to meet the oral health need of patients, dental hygienists provides therapeutic, preventive, and educational services. Hygienists also instruct patients in oral health. They explain the importance of good nutrition and health practices, and the beneficial effect of fluoride. They also discuss and console patients on harmful effects of tobacco. On March 27, 2010 mission of mercy clinic had free dental care at the Roanoke civic center for low income, uninsured and underserved adults. More than 600 were turned away after more than 700 had been admitted.

This concludes that dental hygienists have a big effect on the average American. Dental hygienists may work full time, part time, evenings, or weekends. Full time hygienists in a dental office work 35 to 40 hours a week. A dentist may higher hygienists for only two or three days a week. So, in some cases hygienists work in more than one dental office (Moravia). If there employed by the school system, public health centers, the federal government, and state agencies often earn substantial benefits (Earnings).

A dental hygienists benefit package includes such perks as health insurance coverage, membership due for professional affiliation, paid vacations, sick leave, and tuition aid for dental hygienists continuing education (U. S.

Bureau of Labor Statistics). Earnings depend on education, experience, geographic area, and employment settings. They also get paid an hourly salary, or commission basis. According to the B. L. S. , in 2007, dental hygienists earned an average of 31. 21\$ an hour over all wages range from around 20\$ an hour to over 43\$ an hour. The middle 50 percent earned between 25. 62\$ and 36. 96\$ an hour (Moravia).