**1. Dental hygienist ­- Read the text and complete one word into each gap.**

\_\_\_\_\_\_\_\_\_\_\_ dentists concentrate \_\_\_\_\_\_\_\_\_\_\_ treating tooth and gum conditions, the dental hygienist (sometimes also \_\_\_\_\_\_\_\_\_\_\_ as an oral health practitioner) has a vital role in helping \_\_\_\_\_\_\_\_\_\_\_ prevent problems from arising. They clean teeth, examine patients for signs of oral diseases \_\_\_\_\_\_\_\_\_\_\_ as gingivitis, and provide other preventive dental \_\_\_\_\_\_\_\_\_\_\_. They also educate patients on \_\_\_\_\_\_\_\_\_\_\_ to improve and maintain good oral health. For \_\_\_\_\_\_\_\_\_\_\_, they may explain the relationship between diet and oral health.

As a dental hygienist you would carry \_\_\_\_\_\_\_\_\_\_\_ the following procedures: scaling and polishing teeth, \_\_\_\_\_\_\_\_\_\_\_ helps remove tartar, stains, and plaque from teeth, and applying topical fluoride and fissure sealants \_\_\_\_\_\_\_\_\_\_\_ protect teeth. If you are based in a hospital, you would also help patients who are \_\_\_\_\_\_\_\_\_\_\_ surgery or complicated orthodontic treatment or \_\_\_\_\_\_\_\_\_\_\_ with particular medical conditions to maintain a healthy mouth.

**2. Dental hygiene visit**

**a) Talk to your partner**

1. Have you ever had your teeth cleaned by a dental hygienist?

2. Do you think that going to a dental hygienist is important?

**b) Listen and complete the sentences watch here:** <https://www.youtube.com/watch?v=sgFceXIE84o>

1. This guide explains what happens during a routine dental hygiene \_\_\_\_\_\_\_\_\_\_\_\_.
2. Dental hygienist provide \_\_\_\_\_\_\_\_\_\_\_\_, tailored advice and their goal is to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ gum disease.
3. Professional teeth cleaning is called \_\_\_\_\_\_\_\_\_\_\_\_.
4. If you don’t \_\_\_\_\_\_\_\_\_\_\_\_plaque properly, it can cause gum disease.
5. Hardened plaque is called \_\_\_\_\_\_\_\_\_\_\_, you cannot remove it by yourself.
6. Your dental hygienist will check your mouth with a \_\_\_\_\_\_\_\_ to see if there is any plaque or \_\_\_\_\_\_\_\_\_\_\_\_.
7. \_\_\_\_\_\_\_\_\_\_\_\_instrument causes tickling vibrations to knock \_\_\_\_\_\_\_\_\_\_\_\_pieces of tartar.
8. Once all the surfaces are \_\_\_\_\_\_\_\_\_\_\_\_, the dental hygienist will use a special \_\_\_\_\_\_\_\_\_\_\_\_to polish your teeth.
9. To \_\_\_\_\_\_\_\_\_\_\_\_your teeth, the dental hygienist sometimes applies fluoride varnish.

**c) Describe what a visit at a dental hygienist office consists of.**

**3. Sam’s visit to a dental hygienist - Read the dialogue and complete what Gina says.**

Sam: Hello.

Gina the Dental Hygienist: Hello Mr. Waters. \_\_\_\_\_\_\_\_\_\_

Sam: Dr. Peterson has just filled two cavities. Why do I need a cleaning?

Gina: \_\_\_\_\_\_

Sam: I guess that makes sense.

Gina: \_\_\_\_\_\_

Sam: OK, I hope it's not too bad.

Gina: \_\_\_\_\_

Sam: (getting his teeth cleaned, can't say much...)

Gina: OK, please take a drink and rinse.

Sam: Ah, that's better.

Gina: \_\_\_\_\_\_

Sam: I have a choice?

Gina: \_\_\_\_\_\_

Sam: I'd like to have the bubble-gum!

Gina: OK. (applies fluoride) \_\_\_\_\_\_

Sam: What type of floss tape do you recommend?

Gina: \_\_\_\_\_\_

Sam: OK, I'll remember that the next time I buy floss. How often should I floss?

Gina: \_\_\_\_\_\_\_

Sam: (after finishing the cleaning) I feel much better. Thank you.

Gina: \_\_\_\_\_\_\_

Key

Make sure that you know these words:

**gums, enamel, molar, hollow, dentition, crown, pulp, canine, plaque, patient’s chart, saliva, remove (removal), drill, filling**

**Ex. 1** While dentists concentrate on treating tooth and gum conditions, the dental hygienist (sometimes also known as an oral health practitioner) has a vital role in helping to prevent problems from arising. They clean teeth, examine patients for signs of oral diseases such as gingivitis, and provide other preventive dental care. They also educate patients on ways to improve and maintain good oral health. For example, they may explain the relationship between diet and oral health.

As a dental hygienist you would carry out the following procedures: scaling and polishing teeth, which helps remove tartar, stains, and plaque from teeth, and applying topical fluoride and fissure sealants to protect teeth. If you are based in a hospital, you would also help patients who are having surgery or complicated orthodontic treatment or those with particular medical conditions to maintain a healthy mouth.

**ex 2.** b) Listen and complete the sentences

This guide explains what happens during a routine dental hygiene \_\_\_\_\_\_check-up/appointment\_\_\_\_\_\_.

1. Dental hygienist provide individual, tailored advice and their goal is to prevent and treat gum disease.
2. Professional teeth cleaning is called scaling and polishing.
3. If you don’t remove plaque properly, it can cause gum disease.
4. Hardened plaque is called tartar, you cannot remove it by yourself.
5. Your dental hygienist will check your mouth with a mirror to see if there is any plaque or inflammation.
6. Ultrasonic instrument causes tickling vibrations to knock loose pieces of tartar.
7. Once all the surfaces are smooth, the dental hygienist will use a special paste to polish your teeth.
8. To strengthen your teeth, the dental hygienist sometimes applies fluoride varnish.

**ex 3** you can complete e.g. these sentences

1. Personally, I like the flat tape. It's easier to get between the teeth.
2. Everybody gets plaque, even if they floss regularly. That's why it's important to come in twice a year for check-ups.
3. Everyday! Twice a day if possible! Some people like to floss after every meal, but that's not absolutely necessary.
4. Sure, we have mint, spearmint, orange or bubble-gum - that's for the kids.
5. Well, we have to make get your teeth and gums clean and disease free.
6. Oral health leads to trouble-free teeth. I'll start off by removing plaque. Please lean back and open wide.
7. Now, let me give your teeth a final flossing.
8. OK, now I'll apply some fluoride. Which flavour would you like?
9. My pleasure. Have a pleasant day, and remember to floss every day - at least once a day!
10. I'm Gina. I'll be cleaning your teeth today.