

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

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