



NORFOLK  
**DENTAL**  
SPECIALISTS

Life-transforming dentistry

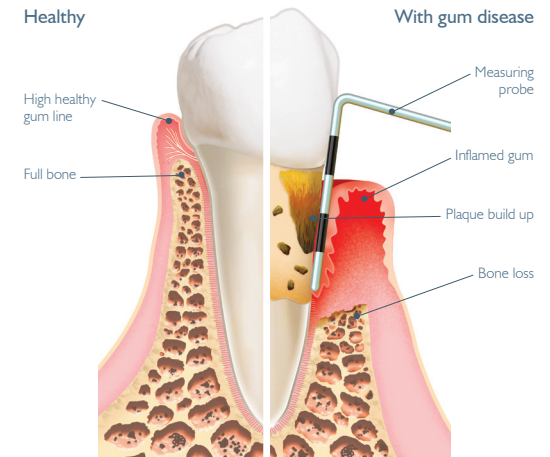
Dental Hygiene



## Why your oral health is so important

An effective daily dental hygiene routine is essential to keeping plaque – the primary cause of gum disease – at bay. It will help you:

- To enhance the effectiveness of any gum treatment or implants you might require
- To maintain your gum health and any restored (implant) teeth you have.



[ndspecialists.uk/hygienist](https://ndspecialists.uk/hygienist)

You'll find a useful video showing what happens during a typical 'first appointment with a hygienist' at the above website

## Why seeing the hygienist is important

One of our highly experienced hygienists will look at what you are currently doing at home to keep your mouth clean, see how you can improve it, and give you additional skills, tools and techniques for effective plaque removal. This even includes simply checking that you brush your teeth correctly (a surprising number of people don't).

- If you are getting implants placed, it's very important that you know how to maintain a good level of plaque control. The success of any dental treatment depends on how well you look after your oral health at home – implants are much more successful in healthy mouths
- If your dentist has already identified that you have gum disease, early treatment from the hygienist can mean avoiding the need for more complex surgical procedures to resolve a problem.



## What the hygienist will do

All our hygienists work closely with our specialists and are experienced at both advising on oral health and treating patients with advanced gum conditions. Your hygienist:

- Will discuss and demonstrate skills, tools and techniques for effective plaque removal at home. Feel free to bring along your toothbrush and any other oral hygiene aids you may already be using
- May put some dye on your teeth to show up any difficult-to-reach areas. This will turn any plaque purple, and they can then show you the best way to clean it off
- Will, at a further appointment, check how you are getting on with your new cleaning regime. They will also give you a gentle clean and polish to get rid of any superficial hard plaque (tartar).



## Specialist gum treatments

If your regular dentist or a specialist has already identified that you have gum disease:

- The hygienist will see you for some deep plaque removal. Although similar to the gentle clean you may have already had, this goes deeper under the gums to remove any hard or soft plaque and flush away bacteria, making your gums healthier and helping prevent future tooth loss
- Before the deep clean, we will give you a local anaesthetic to make you more comfortable
- You should expect more complex hygienist treatment to take from two to six appointments, depending on the extent of your gum condition.

### Top 10 tips for dental hygiene

1. clean the inside surfaces of your teeth first
2. focus on each tooth individually
3. methodically work your way around the mouth
4. brush whilst looking in a mirror
5. keep the brush head at right angles to the tooth
6. work the bristles gently along your gum line
7. use the interdental brushes/floss once a day
8. brush twice a day
9. rinse out all brushes off after each session
10. Spit - don't rinse !

## Seeing a hygienist without referral

You're always welcome to come and see one of our hygienists directly (i.e. without being referred). They will:

- check your mouth for oral health problems, discuss any treatment needs and, if necessary, refer you to one of our specialists
- give you a gentle and thorough clean and polish to get rid of any superficial hard plaque (tartar).



## Our team

All the dentists at NDS are highly experienced – either registered specialists or with accredited postgraduate qualification - in their chosen fields of periodontology or implantology. They are committed to excellence in patient care and providing successful treatment outcomes in a kind, gentle, and caring environment.

### Hamed Karimi - Practice Principal

(BDS (Edin), MSc (Lond), MClintDent (Lond), FDS, MRD RCS (Eng)

A specialist in Periodontics, Hamed is a graduate of Edinburgh University and has a Fellowship in Dental Surgery from the Royal College of Surgeons of England. He specialised with a distinction from Guys Hospital (King's College, London). He works exclusively in dental implants and periodontics and also lectures regularly, both locally and further afield, on these subjects.



*"Our primary concern is the health of your mouth. So, first and foremost, we seek to focus on helping you either maintain – or regain – optimal dental and gum health."*

*"In a perfect world, nobody would ever need remedial treatment, which is why we place such a premium on straightforward oral hygiene education and monitoring for our patients. But, in the real world, accidents and wear and tear are almost inevitable. So when the need arises, we aim to offer you the very best possible implant, periodontal and hygienist treatments – solutions that will return you to near-perfect oral health."*

## Our fees

To ensure that you fully understand our costs before undergoing any treatment, we discuss and explain all your fees clearly and include them in the treatment plan letter we send you after your initial consultation. As we deal with every patient individually, each treatment plan reflects your particular needs and expectations. You'll find the latest fee guide and price list on our website.

- Whilst we prefer payment by BACS using your unique patient number, we do accept cash and most debit/credit cards
- We encourage 'Pay As You Go', where you make payments in stages over the course of treatment, normally after each visit. This policy reduces our administrative charges
- To help spread the cost of your treatment, we can also offer a monthly, interest-free facility over a six month period. Terms and conditions apply: please feel free to ask for details of this option at reception.



## Our practice

NDS is a specialist, rather than general, practice, specifically dedicated to the treatment of gum disease and the placement of dental implants.

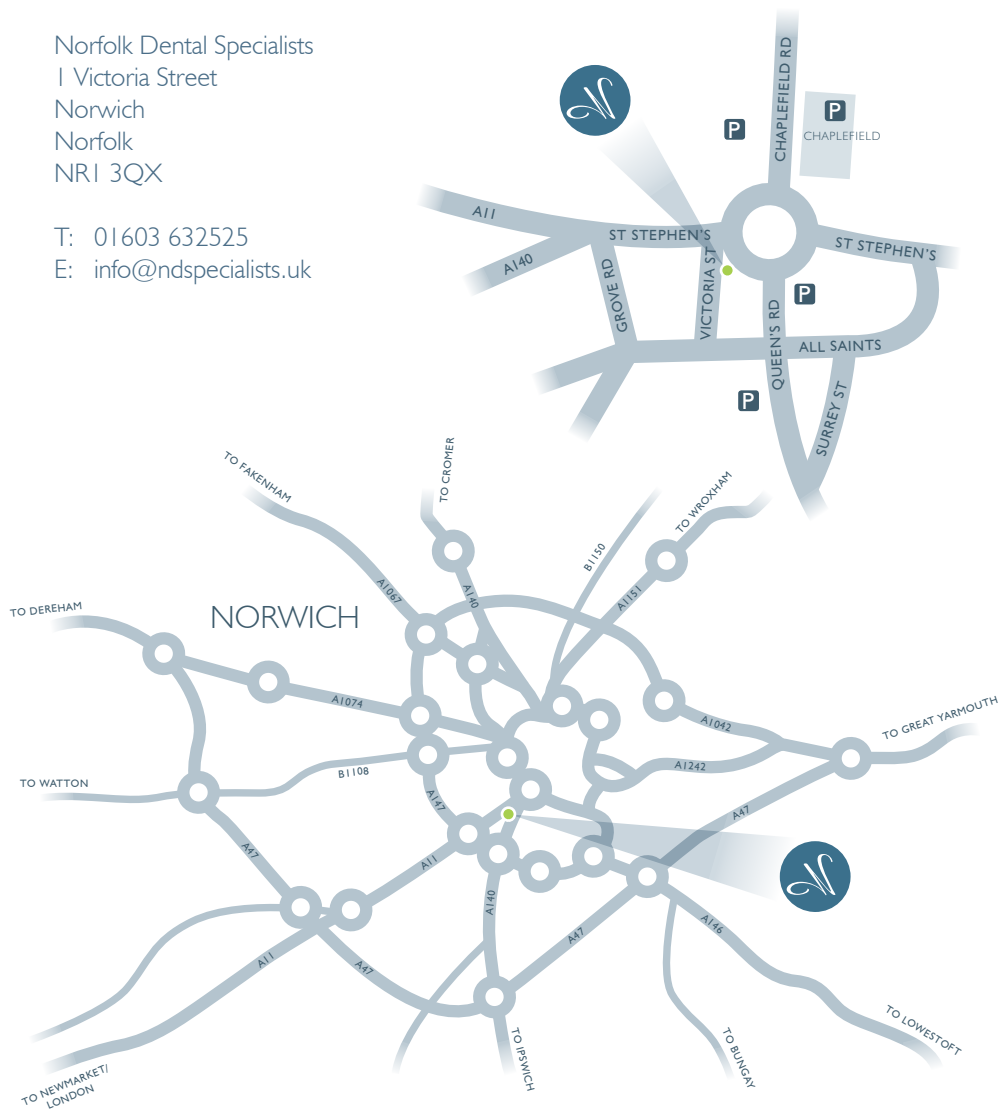
You'll find us on the corner of Victoria Street near the inner ring road - opposite the site of the old Norfolk and Norwich Hospital. We offer limited on-site parking, but there are several car parks nearby (marked on the map), and the main bus station is only a few minutes' walk away.





## How to find us

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E: [info@ndspecialists.uk](mailto:info@ndspecialists.uk)



[nds specialists.uk](http://nds specialists.uk)