

Taking a closer look at Dental Hygiene

Dental hygiene offers the following challenges and rewards:

Personal satisfaction: Personal fulfillment comes from providing a valuable health care service while establishing trusting relationships with clients.

Prestige: Dental hygienists are valued members of the dental health team.

Variety: Hygienists have opportunities to work in a wide variety of settings including hospitals, educational and community institutions, form part of research teams, private dental practice and dental corporations.

Creativity: Because they interact with such diverse population groups, hygienists need to be creative in their approach to client management and oral health education.

Flexibility: The flexibility offered by full and part time employment options enables dental hygienists to balance their careers and lifestyle



Dental Hygiene

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What is Dental Hygiene?

Dental hygiene is a licensed dental profession. Dental hygienists have the responsibilities of educators, clinicians, researchers and administrators.

Dental hygienists are important members of the dental team who work with dentists in the delivery of dental care to clients. Hygienists use their scientific knowledge and clinical skills to help individuals in attending and maintaining optimum oral health. As professional oral health educators they use their skills to help clients develop and practice behaviours that promote better oral health.



Services offered by the dental hygienists

Dental hygiene is essential to the dental health and overall well-being of all individuals. Some services offered by dental hygienists that contribute to this are listed below.



- Counselling clients on good oral hygiene practices and good nutrition and their impact on oral health.
- Delivering oral health education talks targeting a variety of groups, NGOs and other associations in the community.



- Removal of plaque, calculus and extrinsic staining from all surfaces of teeth.



- Root planing for clients with advanced gum (periodontal) disease.
- Application of preventive materials on teeth (e.g. fluorides).
- Performing documentation and dental office management activities.
- A free dental hygiene service is offered at Mater Dei Hospital. to all Maltese nationals and EU nationals residing in Malta and Gozo.

