

# What To Expect.....

## Oral Health Education

As you begin your care with our Oral Health Educator, an important first step is to ask yourself the following questions:

- What is my goal for my oral health?
- What changes am I willing to make in my daily routine?



Then consider the following:

- Prioritize any oral health issues or concerns that you have so that the Oral Health Educator can focus on those that are most important to you.
- Come prepared. Think about any questions you may have related to your oral health so you are ready to address them with the Oral Health Educator.
- During your appointment you will be: receiving an oral cancer screening, a visual assessment of your teeth and gums, and a cavity risk check.

If **applicable**, you may be offered preventative treatments that could include:

- Fluoride Varnish application that will aid in the prevention of cavities and treatment of hypersensitive teeth.
- Silver Diamine Fluoride application to stop the progression of an already formed cavity in primary or permanent teeth. It can also help decrease dental sensitivity.

## What else you need to know:

Oral Health Education is provided by a registered Dental Hygienist (Oral Health Educator) who will focus on preventative care and early intervention. Our goal is providing patients access to dental services that will lead to better health outcomes.

Oral Health Education is time-limited. The Oral Health Educator will create an oral health plan that includes individualized oral hygiene instruction and provide you with strategies to improve your oral health. Community referrals will be provided for you to access dental services and provisions will be given to you to implement new oral health behaviours.

Treatment is voluntary and you may end services at any time.

We require at least 24 hours notice to cancel or reschedule an appointment.

## Program Principles:

**Education:** Topics of education may include: dry mouth management, cavity & decay process, periodontal (gum) disease, oral cancer, smoking/vaping & oral health, and prenatal & infant oral health.

**Your Primary Care Provider Will Always be Updated:** The Oral Health Educator will send an update regarding your oral health appointment to the Primary Care Provider that referred you to this program.