

EVOLVE

DENTISTRY

All about HYGIENE THERAPY

Evolve Dentistry is a dental practice for the 21st century using the latest techniques and state of the art equipment. We understand that our patients want superb dental care but also want to be treated as an individual. We believe that Evolve offers a dental experience like no other and we want you to enjoy your visits to us.

We offer easy convenient parking in the shopper's car park next to Waitrose in Portishead with easy ground floor access.



Joanne Wilkinson
RDH

Joanne Wilkinson has been a hygienist for over 20 years and with her experience and dedication, ensures that a visit to the hygienist is pleasant and painless.



We can change your life

Frequently asked questions about HYGIENE THERAPY:

What is gum disease?

There are 2 types of gum disease, gingivitis and periodontal disease. Most people have some gingivitis which is inflammation of the gums, which could cause occasional bleeding especially after brushing. Periodontal disease is when there is some destruction of the supporting structures of the tooth around the root. Generally gum disease is pain-free, this is why it is so important to maintain regular hygienist appointments. Symptoms may include: bleeding, bad breath, wobbly teeth, pain.

Why is it important to prevent gum disease?

At Evolve, we have a holistic approach, and believe that hygiene therapy plays an important role in caring for whole body health. Once teeth have become very wobbly, the only thing that can be done is to extract the tooth. This then can lead to problems relating to your bite, function, appearance and speech. It has also been shown that gum disease can increase the risk of heart disease, diabetes, and low birth weight babies.

What can I do to prevent gum disease?

The best way to prevent gum disease is to see the hygienist regularly, for some people this can be every 6 months, other people need to be seen every 3 months. You also need to carry appropriate cleaning at home, the hygienist will help you work out what is best for you.

Why can't the dentist clean my teeth?

At Evolve, we believe that the right person should provide the right treatment. This means that our highly qualified hygienists, who have spent 2 years training to care for you gums are the right people to provide this treatment for you.

I brush my teeth twice a day, why do I need to see a hygienist?

A qualified dental hygienist is an important part of the dental team. She ensures that your gums are healthy both above and below the gum line. Many people get a build up of tartar on their teeth which cannot be removed with a tooth brush. This can only be removed with the help of a hygienist. She will also advise you and show you how to clean between your teeth.

Will it hurt?

No, a trip to the hygienist will not hurt you, the hygienist will gently make you numb if she thinks that you will need it for completely pain-free treatment.

As part of Evolve membership, a hygienist appointment is included every 6 months.