



# Williams Dental Practice

## Hygienist information

Hungerford

BDA Good Practice  
Member



Our hygienists play a fundamental role in oral health care and regular visits to them is the key to achieving really successful preventative dental care.

## Meet the hygiene team



### **Nicky Smith**

Nicky originally trained as a dental nurse before qualifying at Guy's Dental Hospital as a dental hygienist in 1995. Nicky has been working with the Williams Dental Practice in Hungerford since qualifying. She uses some of her spare time learning.  
*GDC no. 4837*



### **Valerie Young**

Val has worked with the practice since 2005. Before training at Birmingham Dental Hospital, Val worked for BA as part of their cabin crew and then as a medical secretary. She has two children and an active lifestyle that includes walking, skiing and sailing.  
*GDC no. 2126*



## The benefits of hygienist visits

Visits to our hygienists minimise the need for dental treatment. They also ensure confidence that you have a healthy mouth, fresh breath and help put an end to bleeding gums.

Your teeth will be professionally cleaned, leaving you with a mouth that feels healthy and fresh – and you will have the confidence to maintain this between visits.

There are benefits to your general health too. Research shows that untreated, or undiagnosed, gum disease leads to an increased risk of heart disease, strokes and can increase your risk of developing type 2 diabetes.

Our hygienists specialise in the prevention and treatment of gum disease. They will make a full assessment of your gum condition and supporting bone levels and construct a plan to ensure you are able to maintain a high level of oral hygiene at home. This will help you to optimise the day-to-day care of your mouth, helping to maintain healthy gums, and ensure any existing restorations are protected.

## We're all different

As part of your continuing oral health, our hygienists will advise you, as an individual, on how frequently you will need to visit them

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