**Dental Hygiene**

**Sam:** Hello.  
**Gina the Dental Hygienist:** Hello Mr. Waters. I'm Gina. I'll be cleaning your teeth today.

**Sam:** Dr. Peterson has just filled two cavities. Why do I need a cleaning?  
**Gina the Dental Hygienist:** Well, we have to make your teeth and gums clean and disease free.

**Sam:** I guess that makes sense.  
**Gina the Dental Hygienist:** Oral health leads to trouble-free teeth. I'll start off by removing plaque. Please lean back and open wide.

**Sam:** OK, I hope it's not too bad.  
**Gina the Dental Hygienist:** Everybody gets plaque, even if they floss regularly. That's why it's important to come in twice a year for check-ups.

**Sam:** (getting his teeth cleaned, can't say much...)  
**Gina the Dental Hygienist:** OK, please take a drink and rinse.

**Sam:** Ah, that's better.  
**Gina the Dental Hygienist:** OK, now I'll apply some fluoride. Which flavour would you like?

**Sam:** I have a choice?  
**Gina the Dental Hygienist:** Sure, we have mint, orange or bubble-gum - that's for the kids.

**Sam:** I'd like to have the bubble-gum!  
**Gina the Dental Hygienist:** OK. (applies fluoride) Now, let me give your teeth a final flossing.

**Sam:** What type of floss tape do you recommend?  
**Gina the Dental Hygienist:** Personally, I like the flat tape. It's easier to get between the teeth.

**Sam:** OK, I'll remember that the next time I buy floss. How often should I floss?  
**Gina the Dental Hygienist:** Every day! Twice a day if possible! Some people like to floss after every meal, but that's not absolutely necessary.

**Sam:** (after finishing the cleaning) I feel much better. Thank you.  
**Gina the Dental Hygienist:** My pleasure. Have a pleasant day, and remember to floss every day - at least once a day!

**Key Vocabulary**

to clean someone's teeth, dental hygienist, to fill cavities, gums, disease free, oral health , to lead to, plaque , to remove plaque, to floss, check-up, to rinse, fluoride, to apply fluoride, flavour, flossing, floss tape  
floss after meals

**Dental Check-up**

**Sam:** Hello, Doctor.  
**Dr. Peterson:** Good morning, Sam. How are you doing today?

**Sam:** I'm OK. I've been having some gum pain recently.  
**Dr. Peterson:** Well, we'll take a look. Please recline and open your mouth.... that's good.

**Sam:**(after being examined) How does it look?  
**Dr. Peterson:** Well, there is some inflammation of the gums. I think we should also do a new set of S-rays.

**Sam:** Why do you say that? Is something wrong?  
**Dr. Peterson:** No, no, it's just standard procedure every year. It looks like you may have a few cavities as well.

**Sam:** That's not good news .... hmmm  
**Dr. Peterson:** There are just two and they look superficial.

**Sam:** I hope so.  
**Dr. Peterson:** We need to take X-rays to identify tooth decay, as well as check for decay between the teeth.

**Sam:** I see.  
**Dr. Peterson:** Here, put on this protective apron.

**Sam:** OK.  
**Dr. Peterson:** (after taking the X-rays) Things look good. I don't see any evidence of further decay.

**Sam:** That's good news!  
**Dr. Peterson:** Yes, I'll just get these two fillings drilled and taken care of and then we'll get your teeth cleaned.

**Key Vocabulary**

gums  
gum pain  
to recline  
open your mouth  
inflammation  
X-rays  
set of X-rays  
standard procedure  
cavities  
to identify  
tooth decay  
protective apron  
evidence of further decay  
fillings, to take care of