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Dental Hygiene Checklist

1. Review Perio Probing

- Check several past probing evals to ensure the hygienist is actually probing (repetitive with no changes, check against x-rays)).
- Probing will not always be “normal”.

2. Review X-rays

- Learn to “look” at x-rays
- Be able to identify vertical bone loss or things that don’t make sense.
- Discuss with the doctor to better understand.
- Repetitive problem(s), and/or no changes for years usually means “red flag” (ask your coach for help if needed)

3. Utilize your PMS

- Most Practice Management Software has the ability to see a side by side comparison of several exams at one time.
- Repetition isn’t normal for long periods of time.
- Ask questions.
- Plaque index of less than 10% is the goal. Make sure the plaque index is in clinical notes.
- Consistently having a high plaque index with “normal (3 and under)” perio points probably indicates it needs a discussion with Dr to understand why the plaque index is high, but probing is low. Do this while looking at X-rays, charting and clinical notes.

4. Review Clinical Notes

- Always review hygiene notes at random to ensure a fair sample for review.
- Familiarize yourself with the clinical notes and verbiage they use.



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- Again, too much repetition means they're probably not executing full hygiene duties and evaluations.

5. **Probing**

- Probing every 6 month is no different than x-rays yearly.
- Probing should be executed every 3 months on perio patients.
- If we don't value probing for diagnostics, and we down play it's value then it's our fault if/when patients don't understand the need for their perio treatment.
- "Spot" probing is not clinically correct. Full probing is correct.

6. **Plaque Index**

- Plaque Index must be done during every visit with hygiene to avoid the "flossing lecture."

7. **X-rays**

- X-rays should be completed as denoted in the daily schedule, if not, find out why they weren't taken. \
- Generally FMS/PANO is 1 time every 3-5 years age and case specific, and a check up series is at least once per year.
- Stop bad habits in their tracks if you notice hygiene cutting corners early.

8. **Collaboration**

- Collaborate with your doctor and hygienist to gain a deeper understanding of the process.
- Always be open to learning from your providers.