

Your Teeth. Our Passion.

A one-of-a-kind practice where we use a holistic approach to achieve a natural, healthy, beautiful SMILE.



norfolkdh.rocks • norfolkdentalhygiene@gmail.com • 519-429-0101

Welcome to a sneak peek into Norfolk Dental Hygiene.

We are a private dental prevention clinic in Simcoe, Ontario. Our clinical focus is on the preservation of tooth structure and gum/bone health. We do this through several in-office modalities and services. Our highly skilled professionals are trained above and beyond the scope of a traditional dental setting. We use a whole body approach to health care with a specific look into “why” your mouth may be causing ailments within your body and vice versa. With a client centred approach, you can be assured your goals will be reached and your voice heard.

We look forward to being a part of your health care team in the future.

~The Staff at Norfolk Dental Hygiene



Mission

To enhance the knowledge and understanding of oral health care in the community with a strong emphasis on prevention and whole body health care.



Vision

Promoting whole body health through intervention, prevention and education of oral health care for future generations to live healthy lifestyles.

Message from the CEO

Since 2007, dental hygienists across Canada have been advocating for a change in oral health care prevention and treatment. Today more than 700 independent dental hygiene practices have opened throughout our great nation. Research has proven the health of one’s mouth can have a positive or detrimental effect on the overall health of the body. As a profession focused on preventative oral health and elimination of oral disease, I’m proud to be a part of this monumental change in the history of health care in Canada.

~Karyn Moore



in the clinic



Examination

Adult New Patient Assessment/Records Visit

If you're looking for a refreshing approach to oral care, look no further than the team at Norfolk Dental Hygiene. Start your journey with a NEW PATIENT RECORDS visit today!

The Canary Scan

Start with an exclusive Scan of your teeth to determine weakened tooth structure with the potential to decay and can detect other underlying medical conditions.

Consultation; Emergency; Specific; Second Opinions

Ideal for those who are in need of information, education or need specific areas assessed.

Annual Re-Assessment/ Records Update

Annual assessments are required to maintain accurate data regarding your oral health. We follow similar protocols from your initial visit to the office and change any data or recommendation and treatment as necessary.





in the clinic

Teeth Cleaning

Hand and Ultrasonic Instrumentation



Value

~Recommended for those looking for a quicker appointment or with excellent daily mouth care.

Elite

~Recommended for patients who are going for cleanings on a regular basis or have good to excellent daily mouth care.

Premium (BEST SELLER)

~Recommended for patients who like a thorough dental cleaning, who struggle with daily mouth care or have ongoing soft tissue inflammation/gum disease struggles.

Periodontal

~Recommended for those who struggle

with “tartar build up” on their teeth, individuals with ongoing inflammation, bone loss, recession, and/or medical conditions.

Orthodontic

~Recommended for those who are undergoing orthodontic treatment

NOTE: All continuing care (dental cleaning) appointments are subject to an annual fee for a dental hygiene exam, this is required by law and is part of your comprehensive oral health care.

Paediatric Prevention

New Patient Assessment & Teeth Cleaning (Ages 13-17)

Looking for an excellent experience for your young teen/adult? The staff at Norfolk Dental Hygiene provide a gentle approach and engage in conversation with your child about their oral care. We strive to create a trusting relationship and support your child during these developing years.

New Patient Assessment & Teeth Cleaning (Ages 7-12)

Did you know children start to become susceptible to gum disease as soon as



their first adult tooth erupts? Start your child on the right path of prevention with the team at NDH.

New Patient Assessment & Teeth Cleaning (Ages 3-6)

Excellent tooth care is important at every stage of life. Between the ages of 3-6 is the most crucial for developing a good foundation of trust and interest in Oral Health. Our highly skilled Registered Dental Hygienists assist in guiding and educating your “littles” to better self-care. During this period of oral development, it’s important parents

take an active role in their child’s oral care at home. Our staff will continue to support and guide your child to perform these tasks solo when they are ready.

First Time Visit (0-2 years of age)

A first time visit provides an opportunity for your little one to visit the office and play with some interactive items. They will have an opportunity to check out the chair and items used for looking at our teeth to keep them healthy. During this appointment, we will provide some guidance to parents during tooth eruption and development. We will also check the acidity of your child’s saliva (cooperation permitting) and try to brush their teeth to assess for controlled behaviour.

Paediatric Tooth Decay & Gingivitis Prevention Program

This program is recommended by our Registered Dental Hygienists and is suggested to children who have

experienced significant decay procedures in the past and now require ongoing support to correct the damage done to the oral environment and bacteria as a result.

Sealants (with fluoride)

This is a great prevention tool for molar teeth that have deep pits & fissures on the biting surface. Not all children require these special coverings; however, they can provide an excellent tool for preventing unnecessary dental procedures and destruction to beautiful tooth structure from tooth decay.

Silver Diamine Fluoride

This NEW dental material was introduced to the Canadian Oral Health scene not too long ago. There are several reasons why a dental hygienist would suggest this mode of decay arresting for a child. Primary teeth that are decayed but ready to exfoliate, the start of a cavity where traditional fluoride or remineralization may not work, under

the recommendation of a dentist for treatment of decay when a permanent filling can’t be completed, when cost of permanent filling is not feasible, and if conservation of tooth structure is ideal.

Interim Stabilization Therapy

This treatment module is NEW to the dental world and is often times suggested for the same reasons as the SDF treatment; however, there has to be some destruction of the tooth structure in order to place the IST material which is similar to a “puddy” and contains fluoride.

Home Health Support-Self Care Program

It’s no secret that good home regimens prevent a lot of dental related problems. Support at a young age can help your child develop appropriate and healthy routines. There is never any judgment or negativity about the abilities of children or parents. We offer suggestions and assistance based on lifestyle.



Periodontal Treatment/ Intervention

Gingivitis Correction

The presence of gingivitis can indicate multiple different concerns regarding your child's oral health. Inflammation in an acute phase can be a good indicator that your child's immune system is working well. It's concerning when the inflammation becomes chronic which happens if there is never a "break" in the inflammatory process to allow for repair. If your child is diagnosed with gingivitis, it's crucial to develop a plan with a health care team to prevent future disruption and an unhealthy systemic flow.

NSPT (Non-Surgical Periodontal Treatment)

This treatment is recommended to patients after a thorough periodontal assessment has been completed by a Registered Dental Hygienist. The therapy is specific and targeted based on the needs of the individual and their mouth. The goal is to clear the mouth of disease and maintain a state of health.

Root Planing "Deep Scaling"

Deep Scaling is often recommended to patient's with deeper periodontal

pocketing and possible disease of the root structure leading to inflammation and systemic complications.

It involves the use of specialized tools and training to reduce the risk of harming the soft tissue and tooth structure.

"Bad" Bacteria elimination & Oral Detoxification

Occasionally if a patient has been in a state of "chronic disease" long-term, aggressive forms of bacteria may be resistant to traditional treatment methods. If this is the case, your dental hygienist may suggest products to use at home and in-office treatments to eliminate and eradicate the destructive bacteria.

Oral Irrigation with Therapeutic agents

Different material may be used to clean and flush under the gums during periodontal treatment. This is a recommendation made by your dental

hygienist and is only required if needed to promote healthy gums.

Introduction of "good" bacterial colonies

Re-establishing a "good" amount of healthy bacteria is imperative in the ultimate goal of oral health. When we can encourage our body's natural resources to self-cleanse, we continue to fight the little invaders introduced through air and food.

Saliva Analysis through Lab Testing (OralDNA)

This NEW service to NDH is an excellent screening tool to determine the type of bacteria and amount present in our body. It's a simple saliva test and results are mailed to our office. Suggested to those with ongoing periodontal conditions when remission hasn't been accomplished through traditional methods. Suggested annually to monitor the presence on an ongoing basis.

Root Exposure Protection

During the inflammatory disease, we often lose soft tissue and bone which can cause receding of the gums, exposing a tooth surface (the root) that's not able to withstand the oral environment. This can cause extreme sensitivity, tooth decay that's extensive and severe, tooth mobility, and eventual tooth loss. A specialized coating is applied to these areas at each visit to protect and reduce your risk.





Home Health Care



Basic Consultation

Most of us need ongoing-gentle suggestions and reminders about the needs of our body and that is also true when it comes to oral health care. This program provides a glimpse into reasons why self-care is important and provides customized information about toothbrushes, toothpaste, floss and mouth rinses that are suitable for you.

Advanced Program and Consultation

The advanced program offers a more in-depth look into oral care. It is best suited for individuals with a high level of knowledge about oral health and who are looking to expand their current regimen to specialized aids for soft tissue massage and interproximal cleaning.

Prevention

Fluoride Varnish Application

A strong 5% sodium fluoride application is placed on affected teeth using the latest in fluoride treatment; suggested for those with tooth sensitivity, exposed tooth structure, and those prone to tooth decay.

Therapeutic Remineralization Tooth Polish

Do you love the way a nice polishing feels after teeth cleaning? Our polish formula utilizes minerals to strengthen tooth enamel and protects against

cavities while leaving your teeth shiny and clean.

Interim Stabilization Therapy

Occasionally recommended as a temporary solution to a permanent filling; suggested in areas where saliva or blood contamination might be a concern; or if a permanent filling can't be done immediately due to time or cost; contains fluoride and can assist in remineralization of tooth structure if tooth decay is close to the tooth's nerve.



in the clinic



Tooth Sealants

Recommended for tooth surfaces with deep pits & fissures; when grooves are heavily stained; and to prevent future tooth decay with age.

Management of Tooth Demineralization

Do you have ongoing problems with tooth erosion, tooth decay, or sensitivity? Our remineralization program both in-office

and at-home can help you manage your symptoms and assist in gaining those precious minerals that have been lost.

Mineral & Vitamin Support for Tooth Health

An accurate amount of minerals and vitamins are required during tooth development and for long term care of your teeth. To reduce your risk of dental disease, we offer expertise in vitamin and mineral support to help guide you to better oral health.

Bacterial Analysis

This is completed on a patient-patient basis and is usually recommended during a dental hygiene visit. Your professional will advise this if a high amount of bacteria is seen to educate and assist you in problem areas that may be contributing to your poor oral health.

Saliva Testing via Laboratory Testing (OralDNA)

NEW saliva testing is done in-office and

sent to a laboratory for further analysis. Test Types Include the following:

- DNA testing to determine the presence of Bacteria causing cavities
- DNA testing to determine the presence of Periodontal Pathogens causing severe internal organ damage
- DNA testing to determine the presence of the Herpes Simplex Virus
- DNA testing to determine the presence of the Bacteria causing fungal infections (Candida)
- DNA testing to determine inflammatory markers within the body
- DNA testing to determine personalize prescription and dosage
- DNA testing to determine increased risk for Periodontal Pathogens

This system is new and revolutionary to our process of care.





Cosmetic

Consultation In-Office Blue Light Assisted Teeth Whitening

- **Beginner:** Start your whitening journey with a comprehensive whitening package. 4-8 shades whiter

**Recommended for: Those who have never whitened professionally*

BONUS: Includes a tube of HIGHLY recommended and sought after remineralization paste by oral science and your First Touch up is FREE!

- **Accelerated:** Renew your beautiful smile with our balanced whitening system. 4-8 shades whiter

**Recommended for: Those who have professionally whitened 1+years prior.*

- **Enhanced** Give your smile a boost with this quick in-office treatment 2-4 shades whiter

**Recommended for: Those who have a lighter shade, have deeply stained teeth and need an extra boost after the beginner or accelerator treatment or if whitening treatment hasn't been completed for 6 months.*

- **Maintainer:** Keep your smile bright and shiny with this monthly in-office treatment; Stabilizes Shade and provides a glossy, brighter smile

**Recommended for: Those looking to maintain their tooth shade or who have light coloured teeth and need a brightening boost*

At-Home Teeth Whitening

Professional grade teeth whitening in the comfort of your own home. Some people prefer in-office treatment and others would prefer to achieve results at their own pace. Either way, we support your own individual process and have solutions to meet your needs.

In-Office/At-Home Combo

Occasionally both in-office and at-home treatments may be suggested by your dental hygienist to achieve your desired results.

Custom Tray Teeth Whitening with Professional Grade Material

A custom form fitted tray is fabricated for

your personal use at home. Our teeth whitening specialists are trained to ensure the fit is perfect to maximize your results.

Stain Removal

Looking for a shiny and glistening smile? Tooth polishing is one of the best ways to ensure your naturally beautiful smile gets the lift your looking for. We use specific tools in-office to achieve these amazing results!

Mineral Boost after Teeth Whitening Treatment

Give your enamel a mineral boost with this invigorating combination of minerals and vitamins. Designed to enhance whitening results, while creating a healthy, strong tooth structure.

Hydration Therapy after Teeth Whitening Treatment

Looking to put a little glow in your smile? The soothing sensation of aloe, vitamin E and sea cucumber is a beautiful combination to put a little shine in your smile line!

Desensitizing after Teeth Whitening Treatment

A common risk factor for teeth whitening is sensitivity and although our product contains no acid and is pH balanced as well as vegan, some patients may experience a degree of sensitivity after treatment. Specific treatment applications can be placed to ensure the pain is reduced or non-existent

Personal Plan to Maintain Shade

After you have gone through the teeth whitening process and you've achieved the bright smile you desire. Your dental professional will plan a maintenance regimen to ensure your investment doesn't go to waste. You can choose the plan that works for you!

Personalized Shade Matching

Our highly trained staff will provide you with a personalized shade match and guidance with achieving the results you want!



Holistic Dental Hygiene



100% FLUORIDE FREE tooth paste, rinse and tooth polish

Norfolk Dental Hygiene offers a Fluoride FREE service that provides the benefits of natural minerals and a healthy smile!

Essential Oils for Soft Tissue Management

Enjoy a burst of radiance with the Do-Terra line of 100% Pure Essential Oils

after your dental hygiene visit. Oils Used for Treatment Include: Peppermint oil, clove oil, tea tree oil, and cinnamon oil

100% Natural & Vegan Options for Home Health Care

Visit our Oral Health Shoppe for a variety of products that are safe and effective for maintaining your oral health care naturally. See our personal list of Yes and No ingredients.

Targeted Nutrition

Nutrition has a large impact on oral health care; our staff can provide assistance with choosing the appropriate food types to benefit the microflora and saliva leading to excellent oral health and

limit your chances of developing dental disease. DON'T FEED THE PATHOGENS!

DIY Home Care Solutions

Staff at Norfolk Dental Hygiene can provide you with a list of DIY ingredients that are beneficial to overall health and well-being

RADIATION FREE Tooth Decay Detection with The Canary Scan

This cutting edge and revolutionary device is helping shape the future of oral health care. For the first time, we have the ability to determine mineral loss within the tooth structure that can contribute to significant dental disease and could mean underlying health conditions. ASK US ABOUT HOW THIS DEVICE COULD WORK FOR YOU!

Expanded Services



Solutions for Tooth Sensitivity

Exclusive in-office treatment for sensitive teeth; either one tooth or the entire mouth. We have the answer you've been looking for! Ask at your next dental hygiene visit.

Halitosis "bad breath" management

Bad breath can be detrimental for one's self-esteem and discourage social events. Don't let halitosis stop you from living. We have targeted treatment to help reduce or eliminate bad breath both in-office and at-home.

"Tartar" Reduction Therapy

Calculus also known as "tartar" is the number one risk factor for gingivitis and gum disease. Similar to small pieces of

wood stuck in your gums unable to be removed through brushing and flossing alone. If you're looking for solutions to eliminate or reduce the production of mineral deposit on your teeth. Look no further than NDH!

Night Guard & Denture Cleaning

Do your removable appliances need a professional grade wash? Our patients receive a COMPLIMENTARY cleaning for their dental appliances.

Pain Management Modalities

Dental Hygiene procedures can be painful for some individuals. At NDH we understand this pain can often times hold people back from receiving the care they need and want. Our Registered Dental Hygienists use

multiple tools to ensure your safety and comfort during care. Ask us TODAY!

Management of Dental Phobias

Fear can cause an individual to withdraw from dental care. We strive to create a relaxing environment while nurturing your individual needs for comfort.

Management of Acidic Saliva

Many types of medical conditions are being attributed to high acidity in the body. Have you been assessed lately? Did you know you could be at risk for developing cancers, auto-immune disorders and severe dental diseases? We have a specialized program created here at NDH to help those most vulnerable. ASK US AT YOUR NEXT HYGIENE VISIT!



Norfolk
DENTAL HYGIENE

norfolkdh.rocks • norfolkdentalhygiene@gmail.com • 519-429-0101