



THE CANADIAN DENTAL  
HYGIENISTS ASSOCIATION  
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DES HYGIÉNISTES DENTAIRES



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# Infection Prevention and Control in the Dental Office



## Your Dental Hygienist Keeps You Healthy...and Safe!

Have you ever wondered what your dental or dental hygiene office does to keep you safe and healthy? How do they prevent the transmission of infectious diseases?

Dental and dental hygiene offices adhere to some of the highest infection prevention and control standards in the health care field. These standards are set by each provincial regulatory body and must be followed by all oral health professionals. Your dental hygienist starts keeping you safe even before you arrive and doesn't stop until after your appointment is done.

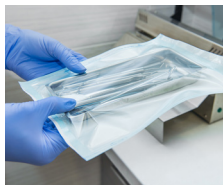


### What does the dental hygienist do to prepare for my appointment?

- Cleans all chairs, trays, lights, countertops, handles, and ultrasonic units using disinfectant wipes or spray
- May place single-use barriers on touchable surfaces, such as head rests, light handles, suction devices, handpieces used for polishing, and computer keyboards
- Sets out wrapped, sterilized instruments
- Ensures countertops in the dental operatory are clutter free
- Purges the water lines to ensure they remain bacteria free

### What can I expect at the beginning of my appointment?

- Your dental hygienist will wash their hands and put on safety glasses, a new mask, and new gloves.
- Your dental hygienist may also wear a gown and use a face shield.
- Your dental hygienist will open a sterile cassette or pouch of instruments in front of you.
- You may be asked to use a pre-procedural mouth rinse to reduce bacteria in your mouth.



### What can I expect during my appointment?

- You will be asked to wear clean safety glasses for the duration of your appointment to prevent eye injury.
- Your dental hygienist may change gloves several times to avoid cross-contamination, especially after touching items like keyboards, pens, and drawers.
- Your dental hygienist may wash their hands or use hand sanitizer several times.
- Your dentist will put on new gloves and a mask before examining your mouth, teeth, and gums.



### What else should I know?

- You have the right to question the office on their infection control procedures.
- The cassettes and pouches of instruments are sterilized after every appointment.
- The office keeps records of all sterilization cycles for instruments to ensure that sterilizers are working correctly.

**Your dental hygienist is committed to maintaining a safe and healthy environment to protect you and your family at all times.**