



## Teri Perkins, Zealand, New Brunswick

Teri is incredibly informative. I have never learned so much about my teeth! She takes the time to go over everything. I love how personable she is, compared to a busy dental office. She cares about her clients and follows up with them. I am so happy to have found her and will always go back. Highly recommend this wonderful hygienist!

Teri is not my hygienist - but she did teach me to floss properly while I was visiting in NB. I have known Teri for over 10 year now and she is a dedicated person who gives back to her community - whether it be participating in Gift from the Heart, Donating to the local SPCA or doing free cleanings for those that don't have insurance. Teri loves her community and has built a strong relationship with her clients since she started her own practice. Her upbeat attitude is infectious - but in a good way! I wish I lived closer so Teri could be my regular hygienist and I have actually contemplated flying to see her so she could clean my teeth!

I have always been extremely terrified of dentists. Therefore, I would often avoid going even for a cleaning. After going to Teri just once, I now visit her every 6 months for my cleanings and I no longer feel anxious going into the office. She is gentle and kind and one of the most compassionate hygienists I have ever met. Many of my family and friends now go to Teri's practice on a regular basis as well due to her professionalism and compassion!

Teri Perkins has been my hygienist for almost 2 years now. She takes great pride in her work and always ensures I feel comfortable during my appointment. I have very sensitive teeth, and she always ensures to be very careful while cleaning my teeth. She opened her own independent dental hygiene clinic a couple of years ago, and I have only ever heard positive things. She gives back to the community as well by providing free dental cleanings for those who cannot afford it or who do not have insurance. She also donates proceeds from sales of whitening kits and other hygiene products to local charities or SPCA's. Her office is so quaint and quiet, I don't feel like I am visiting a dental office at all. She provides blankets and heating pads as well which is a nice treat. She always ensures to inform me of the areas I need to focus my home care on, but never in a negative or demeaning way. She is great with instructing on how to brush and floss properly, nobody had ever shown me before! She has a calm and quiet approach chairside, which makes everyone feel so comfortable and relaxed with her.



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I consulted with Teri primarily for teeth whitening. I have always been apprehensive about dental care of any kind and have very sensitive teeth. She was so gentle and informative! The whitening process was easy, painless and the results are amazing! I was very impressed with her level of knowledge, recommendations and especially her calm and gentle demeanour. She genuinely cares about her patients and their oral health. 11/10!!!!

Teri is patient, professional and the most gentle hygienist I have ever had. I had previously experienced a lot of pain with other hygienists. She made me feel completely at ease, explained the procedures she would be performing. I never experienced ANY pain for the first time in recent memory. She then recommended a whitening procedure (I had asked) and made molds at the same appointment. My teeth are now several shade whiter. I will not go to anyone else. She is terrific!

Teri Perkins is an independent dental hygienist with her own clinic in Fredericton, NB. She cares so much about her patients, and always has a smile on her face. She is always highly recommended by those in the community, having built up her reputation and independent practice in only a couple of short years.

Teri Perkins is a wonderful and thoughtful dental hygienist. She cares for her patients and always ensures they have the most comfortable appointment they can. She is always educating her patients so they can achieve optimal oral health. She opened her own independent practice in 2019 and several times a year provides cleanings to those who cannot afford it. She is my sister, my friend, and I am so proud of her achievements as a dental hygienist!

Teri Perkins is a great hygienist! She always takes the time to ensure she is doing a thorough job, my teeth have never felt better! She also gives back to her community by having a special day where people who can't afford dental hygiene treatments can pay what they can afford, then she donates the money from that day to a non-profit or local place like the food bank. She started her independent dental hygiene clinic a couple of years ago because of the stress of working in private practice. Her clinic is great and so relaxing! All my family and I go to Teri and love it! She has taught us a lot about our oral health!



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Teri Perkins is my best friend and also my dental hygienist. Two years ago she opened up her own independent dental hygiene clinic and has been thriving. She has struggled over the years working for dental offices because of the high stress environment, and because so many offices push so many patients through each day. Being her own business owner now, she enjoys being able to book lots of time for each client to ensure everyone gets the best care possible. Her office is so quite and relaxing, she provides cozy blankets and a heating pad so ensure everyone feels warm and relaxed. She is the most dental hygienist I have ever been to! My 7 year old son loves going for his teeth cleanings too! She gives back to the community by donating oral health supplies to homeless shelters, and also participates in Gift From The Heart each year. She also started her own program where she cleans people's teeth for a donation, which then she donates the money received to local organizations and charity.

Awesome service, so friendly, educational, learned a lot about my teeth and gums. Felt very safe during covid. Teri is very friendly and makes you feel right at home. Very thoughtful. Teri had arranged for one of her customers to come in first thing Monday morning as he was compromised and needed very limited contact with others due to some illness. Teri is like your best friend who lives next door. She is so welcoming and puts you at ease makes you feel right at home. Can't say enough. So glad I found Teri, she was recommended to me by my daughter. Wish Teri good luck and hopes she wins.

After having only been open for less than a year, COVID forced the practice to close for four months. Undeterred, Teri revamped her clinic, added all the safety requirements plus ceiling mounted a TV for her patients and a second chair to make her patients feel safe and comfortable. Teri's gentle manner and super dental hygienist's skills made it very easy to return to her clinic even though there is so much concern around COVID. For a single practitioner in a new practice to be able to accomplish all of this, I nominate Teri as a Dental Hygiene Superhero!!



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Teri is my Superhero! I always dreaded my dental cleanings until my first visit with Teri. She is so kind, gentle and thorough in a most relaxed atmosphere. Her office is so warm and comfortable, with the heating pad and blankets you would think you were at the spa not a hygienist. Teri shares her heart and smile making you feel at home. It's not only your teeth that feel great when you leave. Teri has looked after all the details of making your appointments as easy and pleasant as possible, from the online booking and reminders to easy parking and on time appointments. She genuinely cares about not only your dental health but making sure your experience with her is a positive one. Throughout the pandemic she has put safety as the top priority. Teri is not only very experienced and skilled at dental hygiene, she is a very capable business woman setting up her business on her own outside of a traditional dental clinic setting. The combination of her caring personality, skill as a hygienist and business model results in a top class service. I nominate her highly.

Teri Perkins is both my daughter and my dental hygienist. She opened her own independent dental hygiene clinic in 2019. She has put her entire heart and soul into running her new office. She is hard working, driven, passionate and the best dental hygienist out there! Her favorite part of being an IDH is being able to educate her patients about their oral health. She takes time with each and every patient to ensure their visit is enjoyable and comfortable. She gives back to the community by participating in Gift From The Heart, and also offers a monthly "pay what you can" teeth cleaning program for those who cannot afford regular prices for cleanings (like a donation). The money she collects from the program, she pays it forward and donates it to local charity. I am so proud of my daughter for the amazing young woman she has become. Her drive, her passion and her kind heart makes her a superhero in my heart!

She is the best. Takes her time and is so willing to help and inform patients. She truly is one of a kind. You can really tell that she cares. You aren't a patient. You are a person!



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Teri Perkins has been my dental hygienist for almost 10 years. She recently opened her own dental hygiene clinic in Fredericton. Teri is passionate about her job as a dental hygienist, and the biggest reason she wanted to open her own office was to be able to provide the absolute best care she could to her patients. Since opening her office, she has participated in Gift From The Heart, and also provides a service for people without dental insurance who cannot afford to have their teeth cleaned, where they can make a donation for their cleaning (whatever they can afford, whether it be \$5 or \$100), and that money Teri pays it forward to a local charity or organization. She is the best dental hygienist in my opinion, and I always enjoy my appointments at her office. I have made referrals to Teri and anyone who has gone there has remained because they appreciate her kind gentle manner, the atmosphere she provides and client care which is outstanding. I have found the dental office to be clinical, to have a dental smell and listening to the drill and noises coming from other office space disturbing which has caused me to fear going to any dental office. I don't mind now going twice a year to have my teeth cleaned, I have the special fluoride treatments and also I have a better understanding of how to keep my teeth health and clear of tarter. The extra time that she gives to patients is above and beyond of what you can get within the hour booking at a dentist office. I wish I had this kind of care when I was growing up, because children need private dental hygienist practices to help them not be afraid, my children are grown up now, but I can certainly see the benefits of private practice. Unfortunately I understand the cost and challenges they must have in setting up their own practice, but I certainly appreciate having Teri's services in our area and think that after COVID passes she will be in high demand. Unfortunately COVID has been detrimental to those just setting up their practice and I applaud her for staying in business and weathering this storm. Most people would give up. She was closed for many months, then had to renovate and make alot of changes to her office space which was unfortunate. We need young women and young people to be starting new businesses and we need to have programs and support to help them stay in business. Teri is one of those people who has put her career choice first and the people she serves. She is a great asset to the downtown Fredericton clientele, within walking distance for seniors and provides parking space for us which is a very valuable asset to us her clients. Parking is at a premium downtown and very convenient to know you can park and walk to her office as I have walking disability and that is of great service to me.

Teri goes above and beyond. She makes me feel comfortable, at ease and in knowledgeable hands. She is kind and does a wonderful job with kids as well.



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Teri is phenomenal! She's caring, thorough and educates her clients with hygiene advice. Teri helps the underprivileged in the area with dental cleanings FREE of charge and it's all confidential. She always has a smile on her face and it's always clean and comfortable at her clinic. She's such an amazing person!

I have an extreme fear of anything "dentist". After speaking with Teri, she suggested I come visit her practice and try it out. That was three years ago. I will ONLY go to Teri for my dental hygiene needs as it is the only place where I feel comfortable and stress-free. Teri is the real deal when it comes to caring, compassionate, empathetic dental superheroes! She takes great pride in her practice, cares deeply for her clients, and goes above and beyond what is expected from a hygienist. My son and mother have become patients of hers as well, and they would say the same things as I did about Teri. Exceptional person and a true dental superhero!

I started going to Teri 2 years ago. I have always had anxiety when it comes to going to the dentist/hygienist, and avoided it as much as I could, only going when absolutely necessary. I heard about Teri through FB, so I thought I would try one last time before giving up! I explained to Teri about my anxiety, and she assured me that we would with it. From the time I step into her office to the time I leave, she makes sure I am ok. From the heating pad, the minimal sounds, relaxing colors, and her personality...I enjoy having my teeth checked and cleaned again! She is gentle, caring, funny and really appreciates her clients. When you are there, she truly feels like a friend, talking about our families, hobbies, and she remembers things you tell her from your last visit! I will go to no other hygienist now, she is my go to girl! She truly is a superhero in my book, she saved my teeth!

Teri puts her heart and soul into every patient. She truly wants to make every part of every visit the best it can possibly be. She takes her time and educates everyone that enters the clinic. She truly is the BEST at her job!!!



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