



Association des retraitées et des retraités
de l'enseignement de la FNEEQ

NEWSLETTER
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FÉDÉRATION DES HYGIÉNISTES DENTAIRES DU QUÉBEC
PREVENTIVE DENTAL CARE SERVICES – AN ALTERNATIVE

Dear AREF members,

We are sharing this information with you from the Fédération des Hygiénistes Dentaires du Québec (FHDQ).

Proper and recurring preventive measures promote healthy teeth.

In this regard, periodic visits to your health care professional for what is commonly referred to as a "dental cleaning" is not only desirable but necessary to maintain good health.

Unfortunately, like many other products and services, dental fees have been increasing sharply since the pandemic began: +4.2% on average in 2021, +5.0% in 2022 and +9.8% in 2023.

Specifically concerning preventive services (visit for scaling and polishing of your teeth) which remain the most used services because they are the gateway to promote your dental health, there is recently **an alternative solution that is less costly** and done by the same professionals.

With the passage of Bill 15 in 2020, dental hygienists now have the option of working in private practice without the supervision of a dentist in their assigned area of expertise. Some dental hygienists have chosen to develop this option and their number is gradually increasing. There are currently more than 60 dental hygienists in Quebec who work as independent dental hygienists. On average, **their rates are between 30% and 40% lower than those of dentists.**

Their services include periodic scaling and polishing of your teeth. In the same session, the hygienist also performs an oral assessment. If a particular problem is found, the hygienist will refer you to a dentist. Periodic check-ups with your dentist, including x-rays to identify problems that need to be treated, are still highly recommended.

For those interested in this new service offer, you can learn more by visiting the website of the Fédération des Hygiénistes Dentaires du Québec (FHDQ) at the following link:

<https://fhdq.org>

On this website, you can also find a dental hygienist in private practice in your area by clicking on "Trouver votre hygiéniste" (Find your hygienist) in the upper part of the home menu. Then, use the research criteria to select your region and desired language.

Remember that all dental hygienists must be members of their professional order (Ordre des Hygiénistes Dentaires du Québec (OHDQ)) in order to practice. The OHDQ imposes standards and obligations on each of its members, whether they work in private practice or under the supervision of a dentist, through a strict code of ethics. Among other things, this code obliges the hygienist to refer the patient to another dental health professional as needed.
