

EP. 11: WHY WE LOVE BEING DENTAL HYGIENISTS

We want you to listen to this podcast and reminisce on your journey to becoming a hygienist. Pandemic or no pandemic - sometimes it is important to just take a step back and remember why you became a hygienist in the first place!

Hygiene School

- Why did you choose to become a hygienist?
- Did you realize what you were getting yourself into with hygiene school?
- What was the hardest part of hygiene school to you?
- What was your favorite part about hygiene school?

Community of Hygienists

- How do you stay in touch with fellow classmates?
- How do you network with other hygienists? Take advantage of social media groups – local and nationwide.
- Follow Hygiene Profit Leaders on Facebook to connect with our SI community of hygienists

2 reasons why the average hygienist only practices on average for 7 years:

- Pain – neck, back, arms by working in the wrong or uncomfortable positions
- Burn out – no longer have the same engagement or passion as the beginning

“If you want to survive in hygiene, you have to love your patients”

Feeling burnt out? There are so many ways to re-engage and remind yourself why you love being a hygienists.

- Take advantage of your community – talk to other hygienists on what they do differently in their offices than you do in yours. Find what you like and then implement that into your office.
- Do you have a passion for teaching?
- Do you have a passion for learning about new products?
- Be sure to take care of yourself physically – if you feel you need to take a week off to reset, then do it!
- Do you feel your entire hygiene team could use an “energy booster” or reminder of why they love being a hygienists? Put together a team outing. It can be something as simple as happy hour after work one day, movie night at someone’s house, or talk to your doctor and plan an entire team outing. Just know it does not have to be extravagant to have a good time together.

Never forget that you are not just “scaling teeth” you are changing the lives of your patients and making a difference.

Action Items

- Reach out to a fellow hygienist: it can be an old classmate, current coworker, or just a friend who is also a hygienist and ask them why they love being a hygienist.
- Think about what drives you on a daily basis then write it down and keep it in your car or at the office. If you ever have a day that you are feeling the “burn out creep in” then look at that piece of paper to remind yourself why you do what you do.