

Dental Hygienist Skills

Use the following lists* to show your technical skills on your resume and cover letter. You may have additional skills not shown on this list. List your skills in a separate Skills/Qualifications section on your resume. Highlight the most relevant skills in the middle paragraph of your cover letter.

Since Dental Hygienists may perform all of services that Dental Assistants are allowed to perform, be sure to refer to Sample Skill Headings and Skill Statements listed for [Dental Assistants](#).

Sample Skills/Skill Headings

- Laboratory Skills/Procedures
- Chairside Assisting/Procedures
- Operatory Preparation
- Dental Assisting
- Administration
- Office Management
- Financial Management
- Communication
- Community Service
- Community Health Activities
- Clinical Services
- Education/Training
- Patient Education
- Health Education
- Documentation
- Records Management
- Providing Supportive Treatment Services
- Diet and Oral Health
- Preventative Care
- Infection Control
- Patient Assessment
- Special Needs Treatment
- Emergency Care
- Office/Computer Skills
- Clinical Skills
- Laboratory Skills
- Expanded Functions Skills
- Assessing Patient Characteristics
- Obtaining/Interpreting Radiographs
- Planning/Managing Dental Hygiene Care
- Performing Periodontal Procedures
- Utilizing Preventative Agents

Sample Skill Statements

- Administer local anesthesia with syringe and needle; administer nitrous oxide/oxygen analgesia.
- Adjust dental devices or appliances to ensure fit.
- Apply cavity-preventative agents such as fluorides and pit and fissure sealants to teeth.
- Apply health and sanitation standards.
- Apply fluorides or other cavity preventing agents to arrest dental decay.
- Apply temporary soft relines to full dentures.
- Analyze dental data.
- Bilingual (Multilingual) with proficiency in Spanish, English, Russian, Japanese.
- Chart conditions of decay and disease for diagnosis and treatment by dentist.
- Clean and polish removable dental appliances.

- Clean calcareous deposits, accretions, and stains from teeth and beneath margins of gums, using dental instruments.
- Collect clinical data.
- Educate patients on the importance of good nutrition for maintaining optimal oral health.
- Examine mouth, teeth, gums, or related facial structures.
- Examine gums, using probes, to locate periodontal recessed gums and signs of gum disease.
- Feel and visually examine gums for sores and signs of disease.
- Feel lymph nodes under patient's chin to detect swelling or tenderness that could indicate presence of oral cancer.
- Interpret X-rays to determine areas of calculus deposits and periodontal involvement, the relationship of the teeth, etc.
- Maintain and compile medical and dental records.
- Maintain dental equipment and sharpen and sterilize dental instruments.
- Make impressions for study casts.
- Obtain information from clients, customers, patients or others.
- Operate diagnostic or therapeutic medical instruments or equipment.
- Perform daily input into computer of client data regarding fees, appointments, pre-treatment plans, treatment notes, and insurance forms.
- Perform oral health care assessments that include reviewing patients' health history, dental charting, oral cancer screening, and taking and recording blood pressure
- Prepare patients for exams, treatments, or tests.
- Process records and maintain forms and files.
- Process x-rays or other medical images.
- Provide health and wellness advice to patients, program participants, or caregivers.
- Record and review patient medical histories.
- Remove excess cement from coronal surfaces of teeth.
- Remove stains, plaque, and calculus from above and below the gum line.
- Remove sutures and dressings.
- Sterilize medical equipment or instruments.
- Take blood pressure, respiration and pulse.
- Teach patients about oral care.
- Treat dental problems or diseases.
- Understand, use, and communicate technical information.
- Use computers to enter, access, and retrieve data.
- Use dental and medical terminology.
- Use hand and rotary instruments, lasers, and ultrasonics to clean teeth
- Work as a team member.