



Japan Association
of Microscopic Dentistry

The 20th Annual Meeting & Scientific Session Dental Hygienist Symposium

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Through the Microscope -From new graduate to present-

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The demand for using microscopes to provide precise dental treatment is increasing every year, and not only dentists but also dental hygienists are increasingly using microscopes in their daily practice. For this reason, the number of clinics which owns microscopes has been rising, and the opportunities for the post graduates to use them are probably increasing too. I am one of them, and have had the opportunity to use a microscope since my first year of work.

There were no other dental hygienists besides myself in the dental office where I work, and I had free access to a microscope from the very beginning of my career. In this context, with the recommendation of the Director, I have clearly used it with the goal of obtaining certified hygienist from the Japanese Society of Microscopic Dentistry in three years. However, I often felt uneasy because I had no senior dental hygienists to rely on, such as "Will patients listen to, a new graduate with no clinical experience?," and "How can we teach brushing in a way that is easy for patients to understand?" . There are many situations where we have to solve problems by ourselves, and as a result, the microscope has become indispensable in solving them. I think advantages for using microscopes are its ability to clearly identify and record dental plaque, subgingival calculus and misfits of prosthesis under a magnified view. Visual inspection could easily lead to missed diagnosis for new graduates who have less clinical experience, but the advantages of the microscope may help them in their daily practice.

When viewing the images recorded by the microscope with the patient, it became an important opportunity to communicate and helped to build a good relationship, such as "I have never seen inside my mouth so clearly like this," "Actually, this is one area that has been bothering me for a while," and "Is there a problem with this part?" .

After obtaining my goal of becoming a certified hygienist, I became even more confident in my daily practice, and I feel that my communication skills and explanations to the patient have changed a lot compared to the beginning of my career.

In this symposium, I would like to talk about how using a microscope from the beginning of my career as a dental hygienist have had helped me to communicate with my patients and how my daily clinical practice has changed after becoming a certified hygienist.