

60-minute Assisted Hygiene

Implementing assisted hygiene requires advanced preparation and teamwork. Below is a suggested appointment breakdown model where patients are stagger-booked. All appointments overlap by 30 minutes, and in eight clinical hours (9-hour day with a 1-hour lunch), the hygienist and hygiene assistant see 12-16 patients. The hygienist and hygiene assistant work out of two rooms and see patients simultaneously.¹

This is just one model. There are others models available. Whichever you choose, we recommend a slow ramp up as you build efficiency and fine tune the schedule that works for your office.

| PROCEDURES | PROVIDER | TIME/MIN |
|--|------------------------------------|-----------|
| Introduce yourself and seat patient | Assistant or Hygienist | 1 |
| Chief complaint | Assistant or Hygienist | 2 |
| Update medical history and HIPPA | Assistant or Hygienist | 3 |
| Vitals | Assistant or Hygienist | 2 |
| X-rays | Assistant or Hygienist | 7 |
| Place bib on patient, don patient eyewear, lay back in chair | Assistant or Hygienist | 1 |
| CAMBRA | Assistant or Hygienist | 1 |
| Periodontal assessment and visual oral cancer screening | Hygienist | 4-9 |
| Prophy, if healthy | Hygienist | 15-20 |
| Polish | Assistant or Hygienist | 4 |
| Floss | Assistant or Hygienist | 2 |
| Doctor exam | Assistant or Hygienist with Doctor | 5 |
| Treatment plan entry | Assistant or Hygienist | 1 |
| Oral hygiene instructions (OHI) & Fluoride – Impressions for Bite guard/whitening trays (if your office does this) | Assistant or Hygienist | 4 |
| Set appointment complete | Assistant or Hygienist | 1 |
| Set up next visit to RDH | Assistant or Hygienist | 2 |
| Dismissal (Escort patient to front and hand off to front office) | Assistant or Hygienist | 3 |
| Tear down and set up room | Assistant or Hygienist | 2 |
| TOTAL | | 60 |

Reference: <https://www.rdhmag.com/career-profession/article/16406304/breakin-time-down>