

## Rewarding. Respected. Ready to Help Others.

Dental hygienists are prevention specialists who are dedicated to helping individuals achieve and maintain good oral health. They are a critical part of the oral healthcare team who enjoy great relationships with people and connections within the dental hygiene community.

In as few as two years, you can start enjoying great pay, flexible hours and the satisfaction of helping others. If this sounds good to you, read on!

*"When I was in high school my dental hygienist inspired me to consider it as a career for myself – it was obvious she loved her job and the opportunities it created. So I looked into it, and 20 years later I've never looked back!"*

DANI F., RDH

## Can You See Yourself as a Dental Hygienist?

Learn more about your  
education and career options!



[adha.org/becomeahygienist](https://adha.org/becomeahygienist)

Brought to you by the American Dental Hygienists' Association (ADHA) and the Foundations of Delta Dental.

\*Bureau of Labor Statistics, U.S. Department of Labor, Occupational Outlook Handbook, Dental Hygienists, (last modified: Thursday, August 29, 2024).



## Is a Career in Dental Hygiene Right for You?

- Creating healthy smiles and lives
- Enjoying a great salary and flexible schedule
- Educating and connecting with people

**adha** AMERICAN  
DENTAL HYGIENISTS'  
ASSOCIATION™

Sponsored by the Foundations of  
**DELTA DENTAL**®



## The Perks of a Dental Hygiene Career

**Be in demand** as part of a career field that is projected to grow 9 percent from 2023 to 2033, which is much faster than average.\*

**Earn a competitive salary** with a median national annual wage of \$87,530\*

**Enjoy a flexible schedule** that allows you to work part-time or full-time in multiple settings

**Make a difference** in the lives of individuals, your colleagues and your community

**Explore a variety of settings** with job opportunities in dental practices, schools, public health clinics, community facilities, military, corporate offices and more

## THE PATH TO BECOMING A DENTAL HYGIENIST

**1 Earn Your High School Diploma or GED**

**2 Obtain a Degree**  
Enroll in an accredited dental hygiene associate (2-3 years) or bachelor's degree (4 years) program

**3 Take Your Board Exams**  
Pass the National Board Dental Hygiene Examination (NBDHE) and your regional/state clinical board examination

**4 Launch Your Career**  
You're officially a registered dental hygienist (RDH)! Begin your job search and start changing lives!








## All in a Day's Work

As a dental hygienist you will

- **Assess** an individual's oral and overall health
- **Screen** for any oral diseases or other abnormalities
- **Recommend** the right treatment plan for each person
- **Collaborate** with the oral care team to implement the treatment plan
- **Perform** clinical procedures needed to achieve and maintain oral health
- **Educate** people about oral hygiene and preventive oral care

## Are You Made for This?

### DENTAL HYGIENISTS ARE

-  Good communicators
-  Organized and detail oriented
-  Friendly with people and fellow hygienists
-  Able to work with small tools in tight spaces
-  Passionate about oral health education

Learn more at [adha.org/becomeahygienist](https://adha.org/becomeahygienist)