

Have You Thought About Becoming a Dental Hygienist?



Healthy Smiles & So Much More

Dental hygienists are dedicated to helping individuals achieve and maintain good oral health. Often the first to discover and diagnose potentially serious issues, hygienists go above and beyond cleaning teeth to support overall wellness goals.

THE PATH TO BECOMING A REGISTERED DENTAL HYGIENIST (RDH)



1. Earn your degree

Accredited programs at community colleges, technical schools, dental schools and universities take two to three years to complete. Most dental hygienists get their start with an associate degree. Bachelor's and master's degree programs are also options.



2. Get licensed

The required license to practice as a registered dental hygienist (RDH) protects the health of the public and ensures critical standards of practice. Requirements vary from state to state but all dental hygienists need to pass the National Board Dental Hygiene Examination (NBDHE).



3. Apply yourself

You're in demand so be sure to look into the various workplace settings to find the right fit and then go for it! As an RDH, you have many professional pathways to choose and there's never a dull moment with new challenges and opportunities to explore.



EXPECT TO BE IN DEMAND

with a profession that is projected to grow nine percent from 2023 to 2033, which is much faster than the average*

EARN A COMPETITIVE SALARY

with a median annual wage of \$87,530*

ENJOY A FLEXIBLE SCHEDULE

that allows you to work part-time and full-time in multiple settings

EXPLORE A VARIETY OF SETTINGS

such as private dental practices, community clinics, hospitals, nursing homes, schools and more



Take the next step at adha.org/becomeahygienist

Feeling Hygienist Inspired?

Make a difference in the lives of individuals, your community and fellow hygienists



FIND THE RDH ROLE THAT'S RIGHT FOR YOU:

- Clinician
- Educator
- Public Health
- Corporate
- Researcher
- Administrator
- Entrepreneur

Are you made for this?

DENTAL HYGIENISTS ARE:

Master Communicators

Clearly communicate oral health plans with dentists and individuals, in conjunction with great listening skills.

Detail-oriented

Follow specific rules and protocols, and pay close attention when working in a person's mouth.

Agile

Work with their hands, using precise tools and instruments in tight spaces.

Considerate

Practice compassion with people, especially those who are sensitive to pain or have fears about dental treatment.

Problem-solvers

Develop and implement personalized oral hygiene plans.

Organized

Maintain good organizational skills on the job and when it comes to keeping licensure and credentials up to date.

Passionate

Seek out the education and inspiration people need to achieve and maintain oral health and overall health.

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