

FAQ — Employees

Everything you need to know about your workplace dental hygiene appointment.

Your employer has arranged for The Sparkle Fairy — a GDC registered mobile dental hygienist — to visit your workplace. Here's what to expect.

Q: What exactly happens at my appointment?

A: Your appointment is approximately 30 minutes and includes a full scale and polish, a gum health assessment, and personalised oral hygiene advice. It's the same as a standard dental hygienist appointment at a private practice — just at your workplace.

Q: Will it hurt?

A: Most people find a scale and polish entirely comfortable. If you have sensitive teeth or gums, Jo will adapt her approach and work gently. Please let her know at the start of your appointment if you have any concerns — there's no rush.

Q: Do I need to have seen a dentist recently?

A: No. You don't need a recent dental check-up or a dentist referral to see a dental hygienist. Jo will note anything that looks like it may need a dentist's attention and let you know afterwards.

Q: How much does it cost?

A: This depends on how your company has set up the visit. If it's company-funded, there is no cost to you. If it's employee self-pay, the cost is £50, invoiced to you by email after the visit and paid by bank transfer. Your coordinator will confirm which model applies.

Q: How do I book my slot?

A: Your coordinator will share a booking link by email. Use it to choose a time that works for you. Slots are 30 minutes each and are filled on a first-come, first-served basis.

Q: Where in the office does it take place?

A: Your coordinator will confirm the room. It will be a private, quiet space — usually a meeting room — set up with a portable reclining dental chair. You won't need to go anywhere outside the building.

Q: Do I need to bring anything?

A: No. Jo brings all equipment and materials. If you have a specific toothbrush or product you'd like advice on, you're welcome to bring it, but it's not required.

Q: Is the hygienist qualified and insured?

A: Yes. Jo is an award nominated dental hygienist, GDC registered, CQC regulated, DBS checked, and holds full professional indemnity insurance. She has over 20 years of private practice experience.

Q: What if I'm nervous about dental appointments?

A: Dental anxiety is very common and Jo is experienced in helping anxious patients. She works at your pace, explains everything before she does it, and will stop at any time if you need a break. Please mention it when you book — she'll make sure you feel comfortable.

Q: Can I ask for advice about my teeth during the appointment?

A: Absolutely. In fact, personalised oral hygiene advice is part of every appointment. Whether it's brushing technique, the right products for sensitivity, or concerns about your gums — no question is too small.

Still have a question?

You're welcome to get in touch with Jo directly before your appointment.

Email: jo@thesparklefairyy.co.uk or WhatsApp us on 07809 436 416