



# Explore a Career in Dental Hygiene

Make a difference—one smile at a time!

## What Do Dental Hygienists Do?

Dental hygienists work with dentists to help patients maintain healthy teeth and gums by:

- Cleaning teeth and removing plaque and stains
- Taking and processing dental X-rays
- Applying fluoride and sealants
- Educating patients on oral hygiene and healthy habits
- Screening for oral diseases and reviewing medical histories
- Administering local anesthetics and antimicrobial agents (in some states)

## Is Dental Hygiene Right for You?

You might love this career if you:

- Are detail-oriented and organized
- Enjoy working independently
- Enjoy helping others stay healthy
- Communicate well and multitask

## How to Become a Dental Hygienist

1. Graduate from high school or earn a GED
2. Apply to an accredited dental hygiene program
  - Associate's degree (2 years)
  - Bachelor's degree (4 years)
3. Pass board exams get licensed in your state

## Education Costs (Estimates)

- Associate's degree: \$22,692 (national average)
- Bachelor's degree: \$36,382

## Job Outlook and Salary

- Average starting salary in North Dakota: ~\$5,583/month
- National average: \$6,780/month
- Job openings: 16,300+ across the U.S.
- Job placement: 100%

## Dental Hygiene Programs in North Dakota

- North Dakota State College of Science – Wahpeton
- Bismarck State College
- Dakota College at Bottineau



Center for Rural Health

University of North Dakota  
School of Medicine & Health Sciences