

Justyna Varela

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Summary

Hardworking, caring, and reliable newly licensed Dental Hygienist with hands-on training eager to launch career in dentistry. Expert at dental radiography, prophylaxis, aseptic techniques, and patient education. Highly organized, proactive, and punctual with team-oriented mentality. Enthusiastic and upbeat when communicating with patients and other employees. Committed to educating patients about oral hygiene care and prevention of disease.

Skills

- Blood pressure screening and management of hypertensive patients
- Assessment of patient's medical history to ensure safe and accurate treatment
- Extensive head and neck exam and intra-oral cancer screening
- Knowledge in infection control and sterilization procedures
- Dental and periodontal charting
- Exposure and interpretation of dental radiographs- BWS, FMS, PAN
- Oral hygiene instructions based on patients' needs
- Patient education through motivational interviewing
- Dietary counseling for dental decay prevention
- Plaque and calculus removal
- Periodontal therapy- SRP hand-scaling and root planning
- Coronal engine polishing
- Patient pain and anxiety management (Oraqix /topical)
- Local infiltration anesthesia and N₂O/ O₂
- Placement and evaluation of Arestin
- Fabrication of alginate impressions and stone models
- Placement of pit and fissure sealants (rubber dam and cotton roll isolation)
- Denture care
- Application of fluoride treatment (varnish, foam, gel)
- Teeth whitening
- CPR/AED certified
- General knowledge of Microsoft Office (Word, Excel, PowerPoint)
- Knowledge of Dentimax software
- Fluent in English and Polish

Education and Training

New York City College of Technology of The City University of New York - Brooklyn, NY | Dental Hygiene Student
Dental Hygiene, Expected in 06/2021

Certifications

CPR/AED certified
Mandated Reporter Training
CITI IRB Program course

Languages

Fluent in English, Polish