Lindsey Park

Registered Dental Hygienist (RDH)

Registered dental hygienist (RDH) with 5 years of clinical practice in general and periodontal offices, licensed by the Oregon Board of Dentistry. Delivers prophylaxis, scaling and root planing, periodontal maintenance and preventive care for 8 patients a day, and administers local anesthesia and nitrous oxide. Known for attention to detail in charting and calm patient education.

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Portland, OR

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Experience

Registered Dental Hygienist (RDH)

03/2023 - Present

Willamette Periodontal & Family Dental

Portland, OR

Group practice with 3 general dentists, 1 periodontist and 5 hygiene chairs.

- Deliver prophylaxis and periodontal maintenance for about **8** patients a day, half of them in active perio therapy.
- Administer local anesthesia and nitrous oxide for scaling and root planing cases, about 25 quadrants a month.
- Measure 6-point pocket depths and bleeding at every perio visit, flagging changes over 2 mm to the periodontist.
- Apply dental sealants and fluoride varnish for about 20 children and teens a month as part of preventive care.

Dental Hygienist

06/2021 - 02/2023

Beaverton Smile Studio

Beaverton, OR

General practice with 2 dentists and 2 hygiene rooms.

- Performed adult and child cleanings for 8-9 patients a day, plus bitewings and full-mouth X-ray series.
- Built a patient education routine around intraoral camera photos, raising perio treatment acceptance from 48% to 63%.
- Rebuilt the recall system with the front desk, cutting overdue hygiene patients from 600 to 250 in a year.
- Protected patient confidentiality under HIPAA while sending about 40 referrals a month to specialists.

Dental Hygiene Student Clinician

09/2019 - 06/2021

Oregon Tech Dental Hygiene Clinic

Klamath Falls, OR

Supervised student clinic serving community patients.

- Treated 150+ clinic patients over 2 years, including 40 periodontal cases needing scaling and root planing.
- Charted periodontal findings and medical histories for every patient, reviewed and signed off by clinic faculty.
- Ran 6 school oral health days, screening and teaching about 400 children.

Certificates

Dental Hygiene License (RDH)

07/2021

Oregon Board of Dentistry

Local Anesthesia and Nitrous Oxide Endorsement

07/2021

Oregon Board of Dentistry

BLS for Healthcare Providers

01/2026

American Heart Association

Skills

- Prophylaxis
- Scaling and Root Planing
- Periodontal Maintenance
- Preventive Care
- Local Anesthesia
- Nitrous Oxide
- Dental Sealants
- Patient Education
- Patient Confidentiality
- Attention to Detail

Education

Bachelor of Science

06/2021

Oregon Institute of Technology

Klamath Falls, OR

Dental Hygiene