



# Independent Practice Dental Hygienists in Maine



November 2024

## What is an Independent Practice Dental Hygienist (IPDH)?

An IPDH is a preventative oral health professional licensed in dental hygiene who has met the requirement of 2000 hours of supervised practice by a licensed dentist and can then practice independently without the supervision of a dentist in the state of Maine.

## What services can an IPDH provide?

An IPDH can provide dental cleanings, periodontal therapy, oral cancer screenings, fluoride treatments, sealants, radiographs and whitening services. Any hygiene services you can receive at a private practice, you can receive at an IPDH practice except for local anesthetic and nitrous oxide which can only be provided under the supervision of a dentist.

## Locate a nearby IPDH today!

**\*Accepts MaineCare (Medicaid)**

### **FIGGINS Dental Hygiene Care**

1460 Hammond St  
Bangor, ME 04401  
207-262-5760  
Figginsdental.com  
Aleshia Figgins, RDH, IPDH

### **\* Prevention Works**

1460 Hammond St  
Bangor, ME 04401  
207-907-2528  
Alissa Wade, RDH, IPDH

### **Mint Preventative Dental Spa, PLLC**

12 Sullivan St., Suite 107  
Berwick, ME 03901  
207-810-6019  
hello@mintdentalspapllc.com

### **Your Mobile Home Dental Hygienist**

245 Hubbard Rd  
Berwick, ME 03901  
207-698-4615  
www.atyourhomeipdh.com  
Lynn Peters, RDH, IPDH

### **\* Bridgton Dental Hygiene Care**

171 B Portland Rd  
Bridgeton, ME 04009  
207-647-4125  
bdhc@myfairpoint.net  
Cathy Kasprak, RDH, IPDH

### **Fort View Dental**

154 Main St  
Bucksport, ME 04416  
207-469-2912  
Derrick Robertson, RDH, IPDH

### **\* Balanced Dental Hygiene Suite**

91 Elm St  
Camden, ME 04843  
207-542-3079  
Balanceddentalhygienesuite.com  
Kayla Myers French, RDH, IPDH

### **\* Prevention Is Key**

150 Blacks Woods Road  
Cherryfield, ME 04622  
207-598-6195  
PreventionIsKeyIPDH.com  
Kayla Beal, RDH, IPDH

### **Smiles for Life, PA**

23 Spring Street  
Dexter, ME 04930  
207-270-1454  
Stormy Colbeth, RDH, IPDH

### **\* Dental Hygiene Associates Of Maine**

859 West Main St  
Dover Foxcroft, ME 04426  
207-564-0095  
ktoothfairy@yahoo.com  
Also traveling mobile unit  
Katti Webb Simpson, RDH, IPDH

### **\* Rideout Preventative Dental**

West Main Wellness Center  
859 West Main St.  
Dover-Foxcroft, ME 04426  
207-270-1722  
ashleyrideoutipdh@gmail.com

### **\* Sweet Smiles Dental Hygiene**

23 Carriage Rd, Suite 1  
Ellsworth 04605  
207-479-4110  
SweetSmilesHygiene.com  
Stephanie Swett, RDH, IPDH

FLIP FOR MORE





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## **Doody Riverside Dental Hygiene**

272 Upper Main St  
Fairfield, ME 04937  
207-453-6171  
*riversidehygiene@gmail.com*  
**Debra Doody, RDH, IPDH**

## **Holistic Dental Hygiene, LLC**

226 West Maine St.  
Fort Kent, ME 04743  
207-473-1664  
*lucy@holisticdentalhygiene23.org*  
**Lucy Morin, RDH, IPDH**  
*sasha@holisticdentalhygiene23.org*  
**Sasha Corriveau, RDH, IPDH**

## **\* Fryeburg Family Dental**

19 Portland Street  
Fryeburg, ME 04037  
207-256-7606  
**Bernadette Kozak, RDH, IPDH**

## **\* Holden Dental Hygiene**

113 Main Rd  
Holden, ME 04429  
207-843-3545  
**Katy Higgins, RDH, IPDH**

## **\* Hygiene Health**

74 State Rd, Suite 202  
Kittery, ME 03904  
207-752-2968  
*www.hygienehealth.net*  
**Susanne Kuehl, RDH, IPDH**

## **Smiles To You, LLC**

Mobile dental hygiene services for  
nursing homes and memory care  
Lewiston, ME 04240  
207-241-3313  
**Jennifer L. Belanger, RDH, IPDH**

## **\* Village Smiles**

26 Main Street  
Limerick, ME 04048  
207-793-8881  
*Villagesmilesllc.com*  
*villagesmiles.hygiene@gmail.com*  
**Teresa Crandall, RDH, IPDH**

## **Brookside Family Dental Care**

17 Jones St  
Madison, ME 04950  
207-696-3910  
**Debra Sylvain, RDH, IPDH**

## **Main Street Dental Hygiene**

131 Main Street  
Mexico, ME 04257  
207-364-1480  
*ipdhmexico@aol.com*  
**Lisa Doherty, RDH, IPDH**

## **\* Saving Smiles of Maine**

35 Greenville Road  
Monson, ME 04464  
207-814-8109  
**Tracey Jowett, IPDH**

## **\* CDA Maine Tiny Dental, LLC**

303 Kimball Pond Rd  
New Sharon, ME 04955  
207-500-0454  
**Kelli DeSouza, IPDH**

## **Heavenly Smiles**

60 D Maine Rd  
North Hampden, ME 04444  
207-862-0035  
**Fleshia Smith-Dow, RDH, IPDH**

## **Forever Smiles, LLC**

4 W. Coiley Rd.  
Old Town, ME 04468  
207-478-0539  
**Heather Sprague, RDH, IPDH**

## **\* Brilliant Smiles Dental Hygiene**

79 Roller Rink Road  
Oxford, ME 04270  
207-539-8188  
**Tamsyn Young Frothingham, RDH,  
IPDH**

## **\* Mainly Teeth**

94 Washington Ave  
Portland, ME 04101  
207-808-9498  
**Amber Lombardi, RDH, IPDH**

## **\* Smile4Me Dental Hygiene**

66 Main St.  
Richmond, ME 04357  
207-737-9847  
**Jessica Alexander, RDH, IPDH**

## **Seaside Dental Hygiene Studio**

558 Main St  
Rockland, ME 04841  
256-572-5995  
*lauren@seasidedentalstudio.com*  
**Lauren Rice, RDH, IPDH**

## **\* Searsmont Oral Wellness**

207 Main St. N  
Searsmont, ME 04973  
207-930-9020  
*pam@searsmontsmiles.com*  
**Pam Sargent, RDH, IPDH**

## **Smile More Maine, LLC**

15 Piper Rd  
Scarborough, ME 04074  
207-615-6571  
**Tatayana O'Donnell, RDH, MSDH,  
IPDH**

## **Saulter Dental Hygiene Center**

81 Western Ave  
Waterville, ME 04901  
3 Old Point Ave  
Madison, ME 04950  
*For both offices via Linda:*  
207-861-8080  
**Linda Saulter, RDH, IPDH**  
**Pam Sargent, RDH, IPDH**

## **Maine Dental Boutique**

168-C Main Street  
Winthrop, ME 04364  
207-930-0833  
*mainedentalboutique@gmail.com*  
**Kimberly Morgan, RDH, IPDH**