



Independent Practice Dental Hygienists in Maine

October 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)**

Main Street Dental Hygiene

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

* Bridgton Dental Hygiene Care

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

* Hygiene Health

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

Smiles for Life, PA

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

* Prevention Works

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

FIGGINS Dental Hygiene Care

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

* Sweet Smiles Dental Hygiene

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

* Brilliant Smiles Dental Hygiene

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

* Dental Hygiene Associates Of Maine

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

Doody Riverside Dental Hygiene

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

Fort View Dental

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

Your Mobile Home Dental Hygienist

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

FLIP FOR MORE





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Brookside Family Dental Care

17 Jones St
Madison, ME 04950
207-696-3910

Debra Sylvain, RDH, IPDH

Forever Smiles, LLC

4 W. Coiley Rd.
Old Town, ME 04468
207-478-0539

Heather Sprague, RDH, IPDH

*** Village Smiles**

26 Main Street
Limerick, ME 04048
207-793-8881
Villagesmilesllc.com
villagesmiles.hygiene@gmail.com

Teresa Crandall, RDH, IPDH

*** Prevention Is Key**

150 Blacks Woods Road
Cherryfield, ME 04622
207-598-6195

PreventionIsKeyIPDH.com

Kayla Beal, RDH, IPDH

Saulter Dental Hygiene Center

81 Western Ave
Waterville, ME 04901
3 Old Point Ave
Madison, ME 04950

Both offices can be reached for appointments 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

*** Fryeburg Family Dental**

19 Portland Street
Fryeburg, ME 04037
207-256-7606

Bernadette Kozak, RDH, IPDH

Heavenly Smiles

60 D Maine Rd
North Hampden, ME 04444
207-862-0035

Fleshia Smith-Dow, RDH, IPDH

*** Searsmont Oral Wellness**

207 Main St. N
Searsmont, ME 04973
207-930-9020
pam@searsmontsmiles.com

Pam Sargent, RDH, IPDH

*** Smile4Me Dental Hygiene**

66 Main St.
Richmond, ME 04357
207-737-9847

Jessica Alexander, RDH, IPDH

*** Rideout Preventative Dental**

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

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

*** Holden Dental Hygiene**

113 Main Rd
Holden, ME 04429
207-843-3545

Katy Higgins, RDH, IPDH

*** Balanced Dental Hygiene Suite**

91 Elm St
Camden, ME 04843
207-542-3079

Balanceddentalhygienesuite.com

Kayla Myers French, RDH, IPDH

*** Mainly Teeth**

94 Washington Ave
Portland, ME 04101
207-808-9498

Amber Lombardi, RDH, IPDH

Mint Preventative Dental Spa, PLLC

12 Sullivan St., Suite 107
Berwick, ME 03901
207-810-6019

hello@mintdentalspapllc.com

Seaside Dental Hygiene Studio

558 Main St
Rockland, ME 04841
256-572-5995

lauren@seasidedentalstudio.com

Lauren Rice, RDH, IPDH

Smile More Maine, LLC

15 Piper Rd
Scarborough, ME 04074
207-615-6571

Tatayana O'Donnell, RDH, MSDH, 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

*** CDA Maine Tiny Dental, LLC**

303 Kimball Pond Rd
New Sharon, ME 04955
207-500-0454

Kelli DeSouza, IPDH