

## What Kind of Services do we Provide? \_\_\_\_\_

PCHS Dental Clinics have recently increased the types of services provided to patients. We also offer referral services for patients in need of specialized care.



### Our Dental Clinics offer patients the following services:

- Preventative care
- Oral Examinations
- Periodontal therapy & surgery
- Digital x-rays
- Emergency care
- Teeth cleanings
- Restorative fillings
- Oral surgery (complex cases may be referred to a specialist)
- Root canals (case by case basis)
- Crown & bridges; partial and full dentures

### **Specialized Dental Care**

*PCHS staff will also make every effort to connect you to our network of community specialty providers to get the care you need if your needs fall outside of our services.*

*PCHS exemplifies a culture of community service*



**Peninsula  
Community  
Health  
Services**

PCHS Office: 360-377-3776  
Extended Hours Line: 360-475-3729  
Nurse Advice Line: 866-418-2920  
[www.pchsweb.org](http://www.pchsweb.org)



**Peninsula  
Community  
Health  
Services**

*Your Patient-Centered Dental Home*



**Dental Care  
Services**

### Dental services are available at the following locations:

#### **Almira**

5455 Almira Drive NE, Bremerton, WA 98311

#### **Belfair**

31 NE State Route 300, Suite 200, Belfair, WA 98538

#### **Clare Avenue**

2720 Clare Avenue, Bremerton, WA 98310

#### **Family Dental Care**

2720 Clare Avenue, Bremerton, WA 98310

#### **Key Peninsula**

11901 137th Ave Ct NW, Gig Harbor, WA 98329

#### **Kitsap Way Dental**

4110 Kitsap Way, Suite 100, Bremerton, WA 98312

#### **Port Orchard**

1950 Pottery Avenue, Suite 170, Port Orchard, WA 98366

#### **Poulsbo**

19705 Viking Avenue NW, Suite 201, Poulsbo, WA 98370

#### **Silverdale**

3100 NE Bucklin Hill Road, Suite 202, Silverdale, WA 98383

#### **Sixth Street**

616 6th Street, Bremerton, WA 98337

#### **Mobile Dental**

Multiple Locations



Providing dental care to all for a lifetime of happy, healthy, and beautiful smiles

[www.pchsweb.org](http://www.pchsweb.org)

# What to Expect with PCHS Dental Appointments

**Examination.** Both your dental hygienist and dentist will examine your teeth, gums, and mouth to look for changes or any signs of a problem.

**X-Rays.** At some of your dental visits, your dentist may decide to take X-rays of your teeth to look for any dental problem areas.

**Cleaning and Polishing.** Your dental hygienist will remove the tartar and then polish your teeth.

**Education.** After the cleaning, the hygienist or dentist will discuss any dental hygiene areas that need improvement.

That's about it! **Brushing your teeth 3 times a day and flossing are daily preventive care techniques to help keep your teeth and gums strong and healthy!**



*Since your oral health is closely related to your overall health, it's important to communicate any concerns or problems you are having to your care team.*



*Providing services to our communities with our patient-centered approach to care.*



## Taking the First Step

PCHS would like to see your child when their teeth begin to come in. We emphasize preventative care for children, offering education materials for both the patient and family members. We encourage scheduling regular dental check-ups.

## Scheduling the First Appointment

To schedule your first appointment for yourself or any family member, call us at 360-377-3776 or visit us at [www.pchsweb.org](http://www.pchsweb.org) and use our chat for faster service!

## Your Dental Check-Up

You can help protect your oral health by seeing your dentist regularly for check-ups. It's recommended that most people get a dental check-up every six months, but your dentist may recommend more frequent or fewer visits, depending on your dental health history.



Did you know that your oral health offers clues about your overall health? Pregnancy causes hormonal changes that put you at increased risk for potential disease. It is important to inform your dental provider if you are or are planning on becoming pregnant.

*Great dental care can help create a lifetime of happy, healthy, and beautiful smiles.*

*Let PCHS help YOU take charge of your oral health.*

## Paying for Your Visit

PCHS accepts most medical insurance plans including Apple Health. All patients are eligible to apply for our sliding fee discount, which allows you to pay a reduced fee based on your income. PCHS services are available to patients without regard for ability to pay. This does not mean that services are free, but rather that a payment plan can be created, or other resources may be available to ensure cost is not a barrier to care.

