

TRIAL DAY / PROBATION PERIOD TIPS

Make sure you know:

What time to arrive

Any paperwork they want you to bring or send in advance

How/if you will be paid

Footwear: covered

Uniform: check with practice ahead of time: full uniform, just tunic etc ?

Jewellery: plain wedding band OK, no other jewelery

Makeup: OK to wear makeup but remember you will be wearing a mask all day

Nails: no nail polish, no false nails; short and clean

Hair: up and away from face

Bring a notebook

Things to make a note of:

- Names
 - Size and type of gloves you wear
 - Dentist right- or left-handed
 - What to prepare between patients
 - Basic tray setup
 - Ask questions/write them down
 - Instructions, procedures, routines
 - Any feedback given
 - Anything you specific you notice a dentist does/likes etc
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- Be positive. I know this sounds so obvious it's almost silly but really, even if you are stressed: smile and show the team you are the person they want to have around every day 😊 (don't tell them you are tired or in a bad mood)
 - Ask questions. Don't be afraid to ask as many questions as possible as this will show you really care and are willing to learn.
 - If they give you a task and you have finished it, ask if you have done it correctly and what else is there to do (i.e. try not to stand around) – be proactive and as helpful as possible,

Feedback

At the end of the day ask for feedback. Ask your dentist/nurse/manager 'How was your day today? Was I helpful? Is there anything you would like me to do differently?' - This might seem too much but I assure you the team will really like it and they will appreciate your willingness to learn and improve.

Timing: Ask when there is enough time to answer

Get specific: you can ask specifically about a particular treatment, sterilisation, procedure you did etc

Ask your dentist: what makes a good dental nurse?

Quick tips to impress

Be brave - get stuck in

ALWAYS LISTEN

Respond so they know you heard them

Be early

Look in drawers and cupboards – get familiar

Ensure basics are always stocked up: gloves, mask, handtowels

Ensure bin is empty

Make friends: How can you be helpful to your colleagues?

Remember; it is you as a person and your attitude towards work they are trialling, not your skills. So be yourself and you will do well!

Good luck and of course do not hesitate to contact me if you have *any* questions.