

## **ORAL HYGIENE GUIDELINES**

### **BRUSHING**

- Brush with a fluoride toothpaste for at least 2 minutes, twice a day, morning and night.
- Use a toothbrush with soft bristles and a small compact head. This will make it easier to clean the teeth at the back of your mouth.
- Hold your brush at a 45-degree angle to your gumline and gently brush in a circular motion making sure to clean all tooth surfaces.
- Change your toothbrush every 3 months as bristles that are worn remove less plaque and may damage your gums.
- Brush your tongue as this will help freshen your breath and remove bacteria. Use a gentle sweeping motion brushing from back to front.

### **FLOSSING**

- Flossing is the foundation for healthy gums, so floss your teeth once a day. Flossing gets into the areas between your teeth and under your gums where your toothbrush can't reach.
- Slide the floss between your teeth and wrap it into a "C" shape around the base of the tooth and gently under the gumline.
- Slide the floss along the tooth from the base to the tip 2 to 3 times. Repeat this on each side of every tooth.
- Single use floss holders and interdental brushes are available for people who have difficulty in wrapping floss around their fingers or those with arthritis or dexterity problems.

### **MOUTH RINSE**

- Use a fluoride mouth rinse once a day, either after lunch or before bed.
- Use 10mls of mouth rinse and swish it around your mouth for 1 minute.

### **REDUCE SUGAR**

- Eat a well-balanced diet, avoiding excessive snacking between meals, especially sticky, sugary foods.

### **SMOKING**

- Avoid smoking as tooth staining, gum recession, tooth loss, endentulism and severe periodontal disease are more common in smokers.

### **BLEEDING**

- Bleeding when brushing can be a sign of plaque being left around the gum margin; this results in tartar build up. Don't avoid brushing this area; you need to clean the area more often. If the bleeding continues please contact Adelaide Dental Solutions on 8244 3677.

*Twice-daily brushing and regular flossing is excellent for maintenance between dental visits, but a healthy mouth and a beautiful smile requires routine general and preventative care. Our practice offers hygiene care that includes regular oral examinations and cleanings. Our preventative hygiene services include: stain removal, fluoride, professional breath control and periodontal (gum disease) treatments designed to help you maintain your smile's health and beauty. It's very important for your overall health to keep your teeth and gums strong and disease free.*