



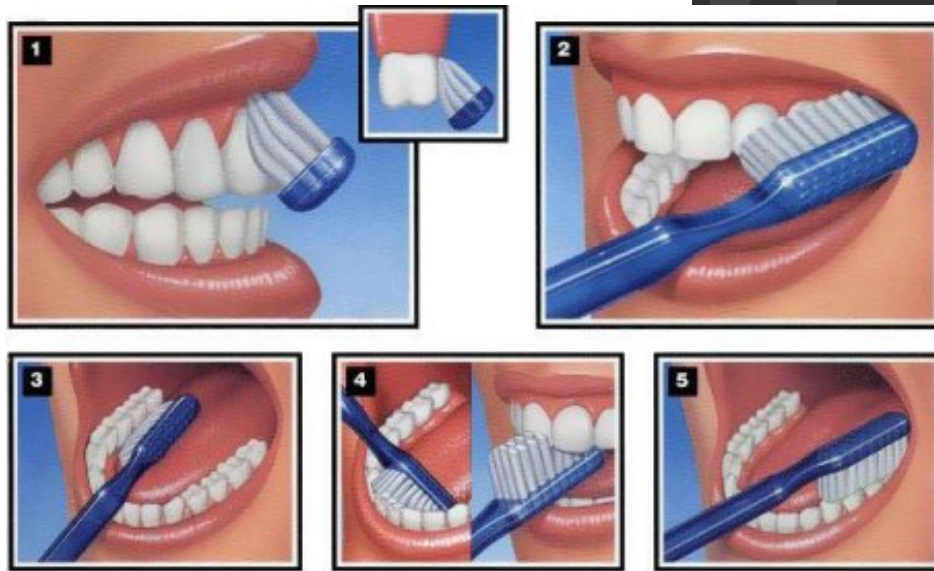
How to maintain your teeth

Daily maintenance is essential to keep a healthy smile. Below are some tips that should be included in your daily oral health routine to help keep your mouth and smile healthy.

- ∂ Brush twice a day with either an electric or manual tooth brush. The ideal times are first thing in the morning and last thing at night before going to bed.
- ∂ Use a small headed toothbrush of a medium strength.
- ∂ Change your toothbrush/toothbrush head every 3 months or when bristles splayed and worn if sooner.
- ∂ Use fluoride toothpaste of 1450ppm.
- ∂ Clean in between your teeth daily using either floss or interdental brushes.
- ∂ See your Dentist and Dental Hygienist regularly to assess your teeth, gums and soft tissues to ensure they remain healthy and detect any Oral Health issues early.
- ∂ Be sure to also clean your tongue to remove any bacteria build up with either you toothbrush or a tongue scraper.
- ∂ After brushing spit out excess toothpaste, don't rinse it off. This way the fluoride can soak into the teeth.
- ∂ If you wish to use a mouthwash, use it at a different time of day to tooth brushing.
- ∂ Wait 30 minutes after eating or drinking before brushing your teeth to prevent erosion.

How to brush your teeth with a manual brush

Use a small headed medium strength brush. Hold the brush horizontally with the bristles at a 45 degree angle to the gum and brush in small circular movements moving around the mouth. Do this on all the outside and inside surfaces of the teeth. When you brush behind the upper and lower front teeth hold the toothbrush vertically and brush up and down along the backs of the teeth and gums. Then finally ensure you brushing the biting surface of all teeth by holding the toothbrush horizontally on the biting surfaces and brush back and forth.



How to brush with an electric toothbrush

Each electric brush is designed for a different technique so follow the directions for your specific brush and watch the online videos to demonstrate. If you are unsure ask a member of the team and we can advise you. The main difference between the use of an electric and manual toothbrush is that you hold the electric toothbrush head on the tooth and move it slowly around the mouth, you do not need to move the brush back and forth or in circular movements as the brush head does this for you.

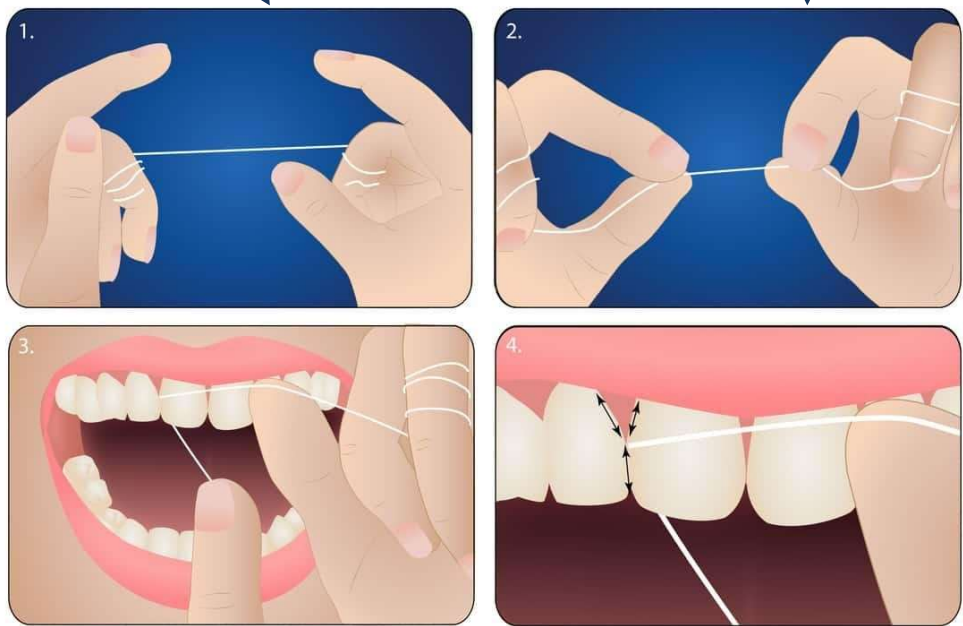
How to clean in between your teeth

Brushing only cleans part of the tooth surface; it cannot physically reach to clean in between the teeth, which is why additional interdental cleaning is important in your Oral Hygiene regime.

Flossing:

Take a long piece of floss and wrap it around your middle finger of your left hand many times, then the middle finger of your right hand a couple of times. Ensure you take plenty of floss as it can be much trickier with a small piece.

Use your thumb and first finger of each hand to guide the floss.



Floss up and down each side of the triangle a few times to clean away any plaque deposits. Then wrap the used part of the floss around the middle finger on your right hand and repeat the instructions for each tooth.

Interdental Brushes:

Interdental brushes come in all different sizes which suit different gaps between the teeth. See your dentist or hygienist for which size you should use where.

Bend the brush at the neck to assist you and push the brush in and out through the small gap in between each tooth.



For more information or advice please contact a member of the team on 01743 34 34 33