

HOW DO I REMOVE PLAQUE BY FLOSSING?

Plaque is a bacteria-laden white substance which forms on the teeth and contributes to tooth decay, gum disease and bad breath. Effective flossing will help remove plaque missed by brushing before it contributes to these harmful effects. Here's how to floss:

- ❖ START BY USING A PIECE OF DENTAL FLOSS APPROXIMATELY 18 INCHES LONG. WIND EACH END OF THE FLOSS AROUND YOUR MIDDLE FINGERS.
- ❖ HOLDING THE FLOSS TIGHTLY BETWEEN YOUR THUMBS AND FOREFINGERS, LEAVE ABOUT AN INCH OF FLOSS. USE A GENTLE, BACK AND FORTH MOTION TO GUIDE THE FLOSS IN BETWEEN YOUR TEETH. AVOID SNAPPING THE FLOSS, WHICH MAY CAUSE UNNECESSARY IRRITATION TO THE GUMS.
- ❖ WHEN THE FLOSS IS AT THE GUMLINE, CURVE IT INTO AN ARC AROUND EACH TOOTH UNTIL THERE IS MILD RESISTANCE.
- ❖ HOLD THE FLOSS IN THE ARC POSITION AND GENTLY SLIDE IT UP THE SIDE OF THE TOOTH, MAKING SURE THE FLOSS GOES UNDER THE GUM. MOVE THE FLOSS UP AND DOWN (NOT BACK AND FORTH) SEVERAL TIMES TO REMOVE THE PLAQUE FROM UNDER THE GUM.
- ❖ REPEAT THIS PROCEDURE ON BOTH SIDES OF EACH TOOTH.

MAINTAINING DENTAL HEALTH BETWEEN VISITS

A beautiful smile is up to you! In addition to regular oral hygiene visits, it is important that you eat a balanced diet and make sure to floss and brush each and every day.

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IMPRESSIONS
DENTAL CENTRES

ORAL HYGIENE

Your Patient Guide



DID YOU KNOW?

In general, you should choose a toothbrush with soft, nylon bristles that are smooth and rounded. When the bristles lose their shape, replace it.



IMPRESSIONS
DENTAL CENTRES

WHY IS ORAL HYGIENE SO IMPORTANT?

Protecting your most valuable assets - your smile - by continuing regular oral hygiene visits can help keep it sparkling for a lifetime.

Sure, you may take excellent care of your teeth at home with daily brushing and flossing, yet regular oral hygiene visits are vital for keeping your teeth and gums clean and healthy, preventing potentially serious problems.

We can help you learn how to keep your smile looking its best!

ABOUT YOUR ORAL HYGIENE VISIT

Depending upon your unique situation and dental health, your visit may include any combination of the following diagnostic, preventative or educational services:

DIAGNOSTIC SERVICES

- Take necessary cavity detecting X-Rays
- Assess your periodontal (gum) tissue
- Evaluate existing dental restorations for proper fit, function and esthetics
- Check of your bite, chewing and swallowing patterns
- Review and update your medical history
- Record any changes in your prescribed medications and physical condition
- Evaluate possible cosmetic enhancements of your smile
- Identify any cause of bad breath (halitosis)
- Examine and screen for oral cancer
- Check your blood pressure
- Refer you to specialists for specific treatment(s)
- Develop a comprehensive treatment plan



PREVENTATIVE SERVICES

- Clean and scale teeth to remove all plaque and calculus (tartar)
- Remove surface stains from the teeth
- Apply pit and fissure sealants to help prevent decay
- Fluoride application
- Polish teeth and gold, silver or composite resin fillings or crowns

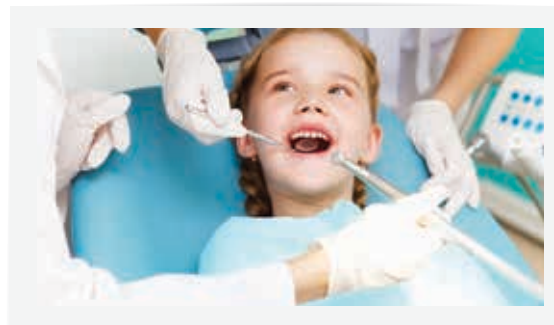


PREVENTATIVE SERVICES

- Instruction in tooth brushing / flossing
- Counseling in proper nutrition
- Presentation of prescribed dental treatment(s)
- Recommending future treatments

WHEN SHOULD VISITS START?

In general, it is recommended that children begin receiving oral hygiene services when two to three years old. By beginning exams at an early age, we have time to create positive experiences for your child to set the stage for a lifetime of quality dental care.



HOW OFTEN SHOULD HYGIENE VISITS BE SCHEDULED?

Because each patient's needs are different, you should check with us to see what is appropriate for you. Typically, oral hygiene visits are scheduled for every six months.

WHAT IS THE CORRECT WAY TO BRUSH YOUR TEETH?

- ✦ PLACE THE HEAD OF THE TOOTHBRUSH NEXT TO YOUR TEETH WITH THE BRISTLE TIPS AT A 45-DEGREE ANGLE NEXT TO THE GUMLINE.
- ✦ MOVE THE BRUSH BACK AND FORTH IN A SMALL CIRCULAR SCRUBBING MOTION.
- ✦ BRUSH THE OUTER SURFACES OF ALL TEETH, UPPER AND LOWER. MAKE SURE YOU KEEP THE BRISTLES ANGLED AGAINST YOUR GUMLINE.
- ✦ NOW BRUSH THE INSIDE TOOTH SURFACES, USING THE SAME BRUSH STROKES.
- ✦ TO REACH THE INSIDE SURFACES OF YOUR FRONT TEETH, TILT YOUR BRUSH VERTICALLY AND USE GENTLE, UP-AND-DOWN STROKES WITH THE HEAD OF THE BRUSH.
- ✦ SCRUB THE CHEWING SURFACES OF ALL THE BACK TEETH.

A few simple things you can do at home to continue a regimen of good oral hygiene includes brushing, flossing and eating a balanced diet