



Oral Hygiene Instructions

You must maintain proper oral hygiene to avoid teeth and gum diseases. It is unwise to ignore brushing and flossing, as this can lead to cavities that are painful and can develop into worse issues that require root canals and similar treatment. Gum diseases will kick in if oral hygiene is not great, and that would lead to needing to visit a periodontics specialist.

Impeccable oral hygiene

Keeping good oral hygiene is not as hard as people may think and it involves:

- Get routine dental cleaning of your teeth and gums. Visit for cleaning every six months.
- Reduce your carb intake. Bacteria on the teeth will feed on the sugar from carbs and cause further damage. Reducing carbs will take food sources away from bacteria.
- Be wary of fruits with high acid content, as these can also damage teeth.
- Use fluoride, if your dental specialist recommends it to you.
- Brush and floss regularly! This is vital for tooth and gum health.



Proper brushing

- Making sure you always use a soft-bristled toothbrush.
- Use fluoride-rich anti-cavity toothpaste. Some toothpastes will bear logos showing that they have been tested to ensure they meet the requirements for this.
- Brush in a circular motion, holding the brush at a 45-degree angle to the gum
- Brush for a minimum of 2 minutes a day!
- Brush your gums as well as your teeth, to sufficiently attack bacteria on there as well as the teeth.
- Make sure you don't brush so hard that your gums recede to the root.



Proper flossing

- Use a floss around 18 inches long and wrap it around one finger to maximize effectiveness
- Floss each and every tooth, using a "C" shape with the floss each time you do
- Floss in the pockets of your gums
- These instructions will remove plaque from behind your teeth, and in areas your brush cannot normally reach.

Contact us for an appointment with a hygienist or dentist for more information about maintaining great oral hygiene to minimize gum disease and other oral problems.