

## Oral Care at Home - Prevention Tips

Creating a meticulous oral home care plan is an extremely effective way you can help in maintaining a beautiful, healthy smile and will prevent you costly oral health treatments in the future. The primary goal of oral home care is to remove from your teeth the thin sticky film of bacteria called plaque. This bacteria causes both gum disease and tooth decay and builds up on a continuous basis.

Here are some tips and reminders to help ensure are playing your part in maintaining optimal oral health:

**Brushing** - brushing your teeth should be carried out at least twice a day with a soft bristled toothbrush. Preferably, a CDA approved soft bristled toothbrush. Also, our dentists highly recommend you switching to a modern electric toothbrush.

**Tongue Cleaning** - The tongue is highly textured which enables a great deal of plaque and bacteria to build up. We fully endorse the use tongue cleaners to cleanse the tongue on a daily basis. These cleaners provide a more effective cleaning results over a regular brushing of the tongue with a toothbrush.

**Flossing** - We encourage that you to floss every day to rid plaque from between the teeth on the surfaces that cannot be reached with just regular brushing. Proper flossing technique should start with 12" to 18" of floss by wrapping the dental floss around the middle or index finger of each hand. Make sure that you are pulling the floss tightly, then with your thumb and available forefingers gently slide the floss in between each set of teeth. Arc the floss around each tooth in a "C" shape and move the floss upward and downward along the tooth, bringing the floss as low under the gum line as you can comfortably can. Try to use a different part of floss for on each new tooth until you have fully flossed the entire mouth. Although this a tedious job, it is the key method in maintaining healthy and strong gums, and minimizing bleeding at your routine oral health appointments.

**Rinsing** - should be a quick addition to your oral health routine, or used in places or when situations prevent brushing from being accomplished, rinsing can help keep a healthy, beautiful smile! Rinsing functions as maintenance aid your overall oral health and helps promote fresh breath!