

Oral Hygiene advice to maintain healthy gums and teeth

Good oral hygiene is vital to maintain healthy gums and teeth. As well as regular visits to the dentist and hygienist good home care is important to ensure you are keeping good levels of oral hygiene.

You should:

- “ Brush thoroughly **twice a day** for at least 2 minutes, once in the morning and once last thing before going to bed.
- “ Clean in-between the teeth daily, with floss or interdental brushes for larger spaces.
- “ Use a fluoride containing toothpaste- a pea size amount for children.
- “ After brushing spit the excess toothpaste out, **do not rinse**. This allows the toothpaste to keep the teeth healthy and strong.
- “ Consider the use of a fluoride mouthwash, at a **different time to brushing**, for example after meals.
- “ Follow any specific advice given to you by your dentist or hygienist.

Following this advice will help to prevent decay occurring in the teeth, and reduce gum inflammation which can lead to gum disease.

To ensure brushing thoroughly you should:

- “ Use a toothbrush with a small head, medium bristles, and consider the use of an electric toothbrush.
- “ Change your toothbrush or toothbrush head every 3 months.
- “ Brush along the gum margin.
- “ Work your way around the mouth ensuring all surfaces of all teeth are cleaned.