

Diane's Tips

Information to help keep your gums and general health tip top during our period of isolation whilst no access to Dental Hygiene Services.

You know that I always empathise with your busy and ever-changing lives. These unusual circumstances at least allows you the time that you often lacked to clean all the surfaces of your teeth, causing you varying degrees of gum inflammation that we strive to keep on top of.

There is emerging evidence that poor gum health is linked to some significant systemic diseases, so with that in mind and now you have a little more time, maybe you could improve your oral hygiene and in turn improve your general health!

The steps that I suggest to achieve the level of cleaning for your health does vary from one person to the next, but I will try and provide the information to remind you of what I've suggested for you and how and when to use it.

Make sure your toothbrush isn't worn out, whether it is an electric rechargeable (my preference) or a manual brush, (I favour Oral B Cross Action plaque) seen in one of the photos. Worn brushes do not clean at all well and are unhygienic. Change your brush about every 10 - 12 weeks or when the outer bristles have buckled out a little. (If this happens quickly you're brushing too hard, use a pen type grip rather than a fist grip on your brush, same for electric brushes).



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Direct Access to Dental Hygiene Services. For an extremely comfortable experience call, 01865 514253

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Brush your teeth and tongue.

2

Floss/clean between

3

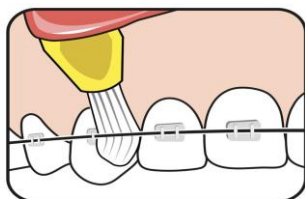
Rinse/Scrape

Rinse for a few minutes, spit, then scrape your tongue with a tongue scraper. Use a fluoride toothpaste to protect your teeth during those times where your diet includes sugars (carbs). Spit, but don't rinse out the toothpaste...the exception is those of you that use Oral B Pro-expert paste, this uses a different type of fluoride that requires water to activate it, so add water to the brush and rinse with water or your mouthwash after brushing.

Flossing has had some bad press lately, partly it was right! Not flossing correctly is as bad as not cleaning between your teeth at all I'm afraid. Use the technique I've shown you along with the guidelines here. Flossing isn't the only product that can clean between your teeth, there is a great deal of choice, floss is my go-to, but in order of preference, here are some others;



Manual or electric interspace brushes can be used both sides of each tooth, to remove bacteria.



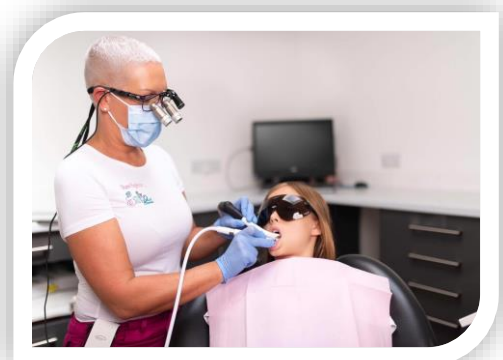
Interspace is also suitable for cleaning around orthodontic appliances.



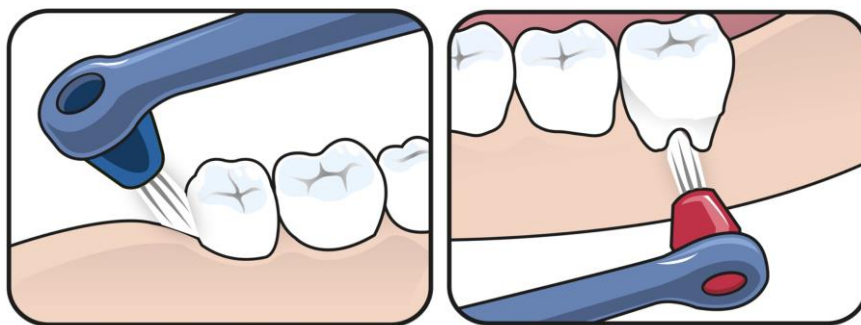
Tongue scraper

When the **floss** reaches the gum line, curve it into a C shape against one tooth. Gently slide it into the space between the gum and the tooth. Hold the **floss** tightly against the tooth. Gently rub the side of the tooth, moving the **floss** away from the gum with up and down motions.

NOTE. Always use an orthodontic brush on bonding and your regular brush on the rest.



For your dental implants, use interspace brushes that are specific.



And furcations.

The brush easily reaches the back of the last tooth. Look in the mirror to make sure that you handle the brush properly.

Mouthwash also plays an important part in your Oral Hygiene routine. Here are some examples;



Corsodyl Mouthwash Alcohol Free 300ml



Choosing the right mouthwash for the job!

- Listerine is my favourite but it does have a sting, there are milder non-alcohol ones in their range.
- For those having orthodontic treatment, a heavily restored mouth, have root surfaces that show, or have higher incidents of decay (Diet advice is also needed) but use a fluoride mouthwash daily such as Oral B's shown above.
- Mouth infection such as around wisdom teeth or gaps between the teeth that collect food and get sore, loose teeth and minor injuries from cheek biting or rubbing from newly fitted orthodontic bonding, may need a little help to target the bacteria involved and soothe the soreness. Corsodyl and Peroxyl contain a very effective antibacterial agent. (PLEASE READ THE LABEL BEFORE USE) Make sure your teeth are pristinely cleaned before you use these as they stain bacteria that's left-on your teeth, brown!
- For more natural treatment good old fashioned warm salty water is a good all-rounder but may not help in more established infections

Hope this is useful and please let the practice know if there is any topic or advice you would like me to cover and I will be happy to provide it within my skillset.