

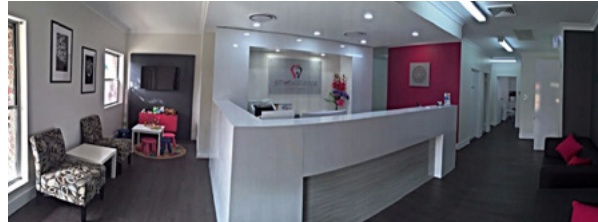


## Gum disease and periodontitis

Plaque is a clear, sticky film on the surface of your teeth and gums. When not removed with the correct daily brushing and flossing technique, it hardens to become tartar, a substance which cannot be removed by brushing alone.

Tartar causes irritation and inflammation which results in red, tender and swollen gums that bleed when you brush and floss. This can be a warning sign of gingivitis, which if left untreated can progress to periodontitis, a severe form of gum disease which can cause bone deterioration and tooth loss.

For this reason it is imperative plaque is removed from your teeth with good at-home oral hygiene and regular professional cleans at our practice.



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## ORAL HYGIENE



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# Prevention is better than cure

We are committed to helping you maintain the very best oral health, for you and your family. An effective at-home oral care routine will help ensure your teeth and gums stay healthy and your breath is fresh, and that any dental issues are minimised.

Preventive dentistry is vitally important to help you save money and time by attending to small dental issues today, before they can become large problems in the future.

Maintaining good oral hygiene is one of the most important things you can do as part of a preventive dentistry regime.



## Brush up on your at-home oral hygiene

An effective at-home oral hygiene routine is a vital first step towards a healthy mouth. Your routine should include brushing morning and night with fluoridated toothpaste, and flossing at least once a day. That's because correct brushing eliminates plaque from the surfaces of the teeth, and flossing takes care of plaque between the teeth and under the gum line. In conjunction with your regular professional cleaning appointments with us, this routine will help ensure the best of health for your teeth and gums.

We will be happy to give you and your family the knowledge you need to put in place an effective oral hygiene routine at home. By practising the correct cleaning and flossing techniques, you can ensure a healthy mouth and brighter smile for life.

## Tips for the best at-home oral hygiene

When cleaning your teeth at home, remember that brushing and flossing are equally important. Here are a few pointers to ensure your technique is effective:

### Brushing

- Brush your teeth at least twice a day, morning and night
- Use a soft toothbrush and replace it about every 3 months as it becomes worn
- Brush firmly at a 45 degree angle where your teeth meet the gums, gently moving the brush using small circular movements
- Don't scrub too vigorously, as this can scratch your tooth enamel and may eventually cause the gums to pull away from the teeth
- Make sure you brush every surface of your teeth
- To help remove plaque, don't forget to brush your tongue from back to front, to avoid bad breath and bacteria growth

### Flossing

- Floss at least once a day using a piece of floss about 30cm long
- Gently work the floss between your teeth toward the gums
- Curve the floss around each tooth, gently slide it under the gum line and move the floss firmly up and down several times to scrape off the plaque
- Don't worry if your gums bleed when you floss, as this will stop as your gums become healthier and tighter next to your teeth
- Use a plastic flossing tool from your local pharmacy to make flossing easier sure you brush every surface of your teeth
- To help remove plaque, don't forget to brush your tongue from back to front, to avoid bad breath and bacteria growth

