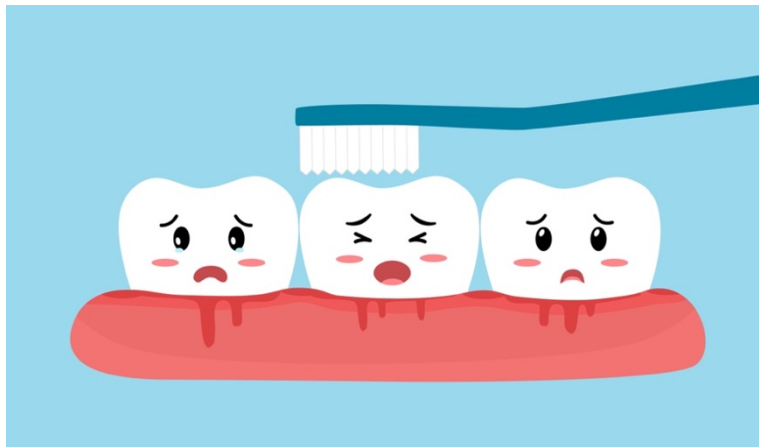


## Oral Hygiene F.A.Q

**Q:** What is the best technique for brushing my teeth to prevent or slow down gum disease?

**A:** It is important to remember that most plaque and tartar develops along the gumline. Brushing with gentle, slow, circular movements along the gumline is an effective way to remove the dental plaque that causes gum disease.



**Q:** What should I look for in a toothbrush?

**A:** Several key features to look for in a toothbrush include the following:

- 1) A timing feature – It is important to spend a full two minutes brushing your teeth, at least 2x per day.
- 2) Micro-movements - Oscillating rotations (Oral B toothbrushes) or vibrations (Sonicare toothbrushes) can make it easier for some patients to effectively remove the dental plaque that causes gum disease.



- 3) Soft bristles and a pressure indicator – Using a toothbrush with medium or hard bristles, or with too much pressure, can damage your teeth and gumline.

**Q:** What type of toothpaste should I use if I have gum disease?

**A:** Many toothpaste brands have developed toothpastes specifically designed to help prevent gum disease. Some examples of recommended toothpastes that help prevent and slow down gum disease include Colgate Total, Crest Pro



Health Gum Detoxify, Paradontax, and many others. The active ingredient in most of these toothpastes is an antibacterial agent called stannous fluoride. Stannous fluoride effectively inhibits and disrupts the plaque biofilms that cause gum disease and is an important ingredient to look for in a toothpaste that claims to prevent and slow down gum disease.

**Q:** How should I clean between my teeth?

**A:** Cleaning between your teeth is just as important as cleaning the cheek and tongue sides of your teeth. Flossing is an effective technique to clean between your teeth. Creating a “C” shape with the floss and gliding it along each tooth surface can help disrupt plaque. Another useful interdental cleaning device is an interdental “proxy” brush. Interdental brushes have been shown to be one of the most effective ways to remove plaque between teeth. It is important to use the correct size interdental brush. An interdental brush that is too small for the space is not as effective as an interdental brush that fills the space. “Swishing” with mouthwash or using an irrigation device such as a Waterpick after using an interdental brush is an effective way to rinse out loosened plaque and food particles.

