

How to maintain your oral health

The best way to take care of your mouth is a simple routine of brushing for 2 minutes, twice a day with a fluoride toothpaste, cleaning between the teeth, good eating habits, and regular dental check-ups. This can help prevent most dental problems.

Plaque is a thin, sticky film of bacteria that constantly forms on your gums and teeth, if it is not removed, it causes the gums to become irritated and inflamed.

If gum disease is not treated quickly, the bone supporting the teeth can be destroyed and healthy teeth can become loose. Gum disease is the biggest cause of tooth loss in adults. If you leave plaque on your teeth it can harden into tartar, which can only be removed by your dentist or hygienist.

Gum disease (gingivitis) usually shows as red, swollen gums that bleed when brushed or flossed. Many people are alarmed when they notice their gums are bleeding and often avoid brushing and flossing. It is important that you continue to clean effectively to fight the condition.

The best investment you can make in your oral health is an electric toothbrush. These are proven to be more effective at removing plaque than manual toothbrushes. Some even have pressure sensors to ensure you are not brushing too hard.

At Carisbrooke we have several types of these and your Hygienist or Dentist can give you further help and information on choosing one that will suit you best, however choosing a small single head for an electric toothbrush is most useful.

There are various ways to brush your teeth, some are explained here. Your dentist or hygienist will give you further advice on how to brush effectively. **It is important that you bring your toothbrush to your hygienist visit for this purpose.**

Here are some ways to get the most out of your brushing routine:

- Brush for at least 2 minutes, twice a day, with a fluoride toothpaste.

- Pay particular attention to your back teeth, which may have more plaque on them.
- Use a toothbrush with medium bristles. Brush with gentle strokes so you don't wear away your gums or teeth.
- Change your toothbrush every 3 months. Bristles that are worn remove less plaque.
- Brush your tongue to help freshen your breath.
- Brush from back to front using a gentle sweeping motion.

How to use a manual toothbrush:

Are you holding your toothbrush



correctly?
Here are
some tips:

Hold your
tooth brush
at a 45-

degree angle to your gum-line.

- Brush 2 or 3 teeth at a time. Move the tooth brush from the gums toward the edge of the teeth.



Hold the toothbrush vertically to clean behind your upper and lower front teeth.

- Use gentle up-and-down strokes with the tip of your toothbrush.

For a healthier mouth, consider using an electric toothbrush.

Most electric toothbrushes remove more plaque than manual toothbrushes. Some also have built-in features that help protect teeth and gums.

To use an electric toothbrush:

- Guide the brush head from tooth to tooth.
- Simply move the brush head against each tooth for a few seconds and let the mechanical movement of the brush provide the cleaning action.
- Gently direct the brush head

along the gum-line.

- Follow the natural curve of your mouth.
- Sweep the brush head along your tongue to freshen your breath.

Quick tips for better oral health:

- The best way to take care of your mouth is to brush with a fluoride toothpaste twice a day and floss regularly.
- Using mouthwash can also help fight plaque and freshen your breath.
- For a healthier mouth, consider using an electric toothbrush. Most electric toothbrushes remove more plaque than manual toothbrushes. Make sure you use the appropriate technique.
- Hold your manual toothbrush at a 45-degree angle to your gum-line.

For more tips on brushing and flossing, talk to your dental team.

