

PREVENTIVE DEFENSE

FLOSSING A MUST! – Unwaxed does it best, learn on waxed in order to train your fingers to form a “C” around a tooth then lift and depress the floss until it squeaks clean. Remove 18 inches, wrapping a start on one middle finger while wrapping a reservoir on the other middle finger. Take two thumbs length between your hands on direct the floss with your thumbs, forefingers or their combinations. Angle the floss with one finger or thumb on the tongue side while the other is on the cheek side. Remember to lift the plaque by squeaking that floss, after meals but certainly before bed. Sleep with clean teeth!

BRUSHING – ONLY SOFT BRISTLED! - Teeth – Angle the bristles by turning the handle toward the gum tooth junction. Rock the bristles as if pivoting their ends, introducing a slight pressure under the gum margin. Allow the bristles to glide toward the chewing surface of your tooth. The biting surface can be brushed with a scrubbing motion. Brush (and floss) the back side of back teeth. Brush or scrape your **tongue** with a specific tongue cleaner (a tooth brush is too soft). Rinse well.

ELECTRIC AND ELECTRONIC BRUSHES – If you find that the features of your electric or electronic brush (and floss!) afford you more hygiene mouth, take it on. Shop for long lasting motors, inexpensive replacement heads and read the warranty! Look to innovative tools that offer ultrasonic energy to mechanical. Be certain to not abuse the instrument with respect to the usage time and pressures applied to root surfaces.

MOUTH RINSES - Antiseptic rinses are available over the counter and are proven effective to reduce cavities, gum disease and halitosis. Prescription rinses can greatly improve oral conditions dramatically.

FLUORIDES – Toothpaste, rinses, and prescription vitamin supplements are applicable from prenatal up to seniors care. It is essential to follow instructions and be aware of applications restrictions.

GUARDS – Athletic mouth protectors can protect against tooth fracture to concussion. They are graded as to the degree of potential accidental risk. Please consider the preventive role of protective gear to all athletic participation. Bite guards are protective to the forces of occlusion. Guards can reduce the effects of clenching and grinding that can occur subconsciously. The use of occlusal guards will increase as our lives are lengthened with our natural and restored dentition.