



### An electric brush or manual?

Even professionals don't always agree which is better now, a normal toothbrush or an electric one. A few things we would like to point out for you. An electric one is very good if you have currently problems brushing your teeth because they make the right movements. It's wrong to think it will go faster than with a normal one, you will have to give it time to do its work properly and apply it to each and every tooth at a time. But if you do it the right way, a good electric brush will improve your dental and oral health. Try to brush once per day manually, once electric.



### And for kids?

In fact it doesn't matter, as long as your child brushes two times a day with fluoride toothpaste. Recommended is that they learn it with a normal brush, so they know well the difference between the lower, upper, inner side and outer side. They really hate brushing their teeth? OK, then buy them an electric one, it stimulates them with vibration and music and they will brush longer. Several brands are on the market, be sure to buy one with an oscillating-rotating effect. The newest ones are also ultrasonic. A smaller head is often more easy than a larger one. The most popular are Oral B and Philips Sonicare.

Brushing and flossing are of paramount importance to oral hygiene. Though bi-annual professional dental cleanings remove plaque, tartar and debris, excellent homecare methods are equally valuable. Proper brushing and flossing can enhance the health of the mouth, make the smile sparkle and prevent serious diseases. Reasons why proper brushing and flossing are essential:



**Prevention of tooth decay** - Tooth decay is one of the leading causes of tooth loss, and its treatment often requires complex dental procedures. Tooth decay occurs when the acids found in plaque erode the natural enamel found on the teeth. This phenomenon can easily be prevented by using proper home hygiene methods.

**Prevention of periodontal disease** - Periodontal disease is a serious, progressive condition which can cause tooth loss, gum recession and jawbone recession. Periodontal disease is caused by the toxins found in plaque, and can lead to serious health problems in other parts of the body. Removing plaque and calculus (tartar) from the surface of the tooth using a toothbrush, and from the interdental areas using dental floss, is an excellent way to stave off periodontal problems.

**Prevention of halitosis** - Bad breath or halitosis is usually caused by old food particles on or between the teeth. These food particles can be removed with regular brushing and flossing; leaving the mouth healthier, and breath smelling fresher.

**Prevention of staining** - Staining or the yellowing of teeth can be caused by a wide variety of factors such as smoking, coffee and tea. The more regularly these staining agents are removed from the teeth using brushing and flossing techniques, the less likely it is that the stains will become permanent.

### The proper way to brush?

<http://www.youtube.com/v/mzXRehGBEOg>

The teeth should be brushed at least twice a day; ideally in the morning and before bed. The perfect toothbrush is small in size with soft, rounded-end bristles and no more than three months old. The head of the brush needs to be small enough to access all areas of the mouth, and the bristles should be soft enough so as not to cause undue damage to the gum tissue. The American Dental Association (ADA) has given electric toothbrushes their seal of approval; stating that those with rotating or oscillating heads are more effective than other toothbrushes. Here is a basic guide to proper brushing: Place the toothbrush at a 45-degree angle where the gums and teeth meet. Use small circular motions to gently brush the gumline and teeth. Do not scrub or apply too much pressure to the teeth, as this can damage the gums and tooth enamel. Brush every surface of every tooth, cheek-side, tongue-side, and chewing surfaces. Place special emphasis on the surfaces of the back teeth. Use back and forth strokes to brush the chewing surfaces. Brush the tongue to remove fungi, food and debris.



### The proper way to floss?

<http://www.youtube.com/v/N7TJevl2RV0>

Flossing is a great way to remove plaque from the interdental regions (between the teeth). Flossing is an especially important tool for preventing periodontal disease and limiting the depth of the gum pockets. The interdental regions are difficult to reach with a toothbrush and should be cleansed with dental floss on a daily basis. The flavor and type of floss are unimportant; choose floss that will be easy and pleasant to use.

Here is a basic guide to proper flossing:

Cut a piece of floss to around 18 inches long. Wrap one end of the floss around the middle finger of the left hand and the other end around the middle finger of the right hand until the hands are 2-3 inches apart. Work the floss gently between the teeth toward the gum line. Curve the floss in a U-shape around each individual tooth and carefully slide it beneath the gum line. Carefully move the floss up and down several times to remove interdental plaque and debris. Do not pop the floss in and out between the teeth as this will inflame and cut the gums. If you have any questions about the correct way to brush or floss, please ask me.

### How do we professional clean your teeth?

We evaluate your plaque and calculus score first and then go immediately for an ultrasonic cleaning followed by a hand instrument deep cleaning if needed. During ultrasonic dental cleaning, the dentist uses an instrument called an ultrasonic scaler, or Soniflex. The Soniflex distributes ultrasonic vibrations to literally blast dental tartar, or dental calculus, off of your teeth! As the ultrasonic scaler vibrates, it produces sound waves to break apart stubborn calculus. Water flows out of the tip's end to wash away debris and keep the scaler from overheating. Although you won't feel the vibrations or hear the sound waves, you'll most likely notice that your teeth feel cleaner. And your dentist will have significantly reduced the amount of dental plaque bacteria that causes most dental diseases. If needed we use special antibiotics and Hydrogen peroxide mouthwash to kill all bad germs and make your gums back healthy. After a few treatments your gums will be back to normal.

