

# Oral Hygiene Instruction

Oral hygiene instruction is helpful and educational information meant to teach and guide our patients to prevent new cavities, and to maintain healthy teeth and gums. At your initial oral hygiene visit, your hygienist will instruct you on the proper methods of brushing and flossing. Follow up visits will be to further assess your progress in maintaining good oral health, and to help review and reinforce techniques of cleaning at home.

The following are helpful recommendations:

- Flossing is the foundation for healthy gums, so floss your teeth once a day. Dental floss will get into areas between your teeth and under your gums that your toothbrush cannot. Slide the floss between your teeth and wrap it into a “C” shape around the base of the tooth and gently under the gumline. Wipe the tooth from base to tip two or three times. Be sure to floss both sides of every tooth.
- Brush your teeth twice a day, and make sure to brush your teeth after you floss, as this is a more effective method of cleaning your teeth. Use a soft bristled tooth brush (safer on your gums) and a circular motion that moves the brush bristles ‘away’\* from the gums ( \*on the top arch, this would mean you are brushing in a circular direction which is top-down; on the bottom arch, you would be brushing in a bottom-to-top circular motion. Use care to not speed through brushing, taking at least 2-3 minutes to do a thorough job.
- Eat a well balanced diet, avoiding excessive snacking between meals, especially sticky, sugary foods.
- Use either a fluoride or antiseptic rinse as directed by the dentist or hygienist.
- Avoid smoking

Twice-daily brushings and regular flossing are excellent for maintenance between office visits, but a healthy mouth and beautiful smile require routine general and preventive care to stay that way. Our practice offers hygiene care that includes regular oral examinations and cleanings. Our preventive hygiene services include fluoride, professional breath control, and periodontal (gum disease) treatments designed to help you maintain your smile’s health and beauty. Keep your teeth and gums strong and disease-free. Contact our office today to schedule a cleaning or consultation.