

## Brush up on your cleaning technique

When cleaning your teeth at home, remember that brushing and flossing are equally important. That's because brushing eliminates plaque from the surfaces of your teeth, and flossing removes plaque from in between the teeth and under the gum line.

### Top tips for best brushing

- Brush your teeth at least twice a day, morning and night.
- Use a soft toothbrush and replace it about every 3 months, once it becomes worn.
- Brush firmly at a 45 degree angle where your teeth meet the gums, gently moving the brush back and forth with small circular movements.
- Don't scrub too vigorously, as this can scratch your tooth enamel and may eventually cause the gums to pull away from the teeth.
- Make sure you brush every surface of your teeth, including vigorously brushing the chewing surfaces using short back-and-forth strokes.
- To help remove plaque, don't forget to brush your tongue from back to front, to avoid bad breath and bacteria growth.



### Handy hints for fine flossing

- Floss at least once a day with a piece of floss about 30cm long.
- Gently work the floss between your teeth toward the gums.
- Curve the floss around each tooth, gently slide it under the gum line and move the floss firmly up and down several times to scrape off the plaque.
- Don't worry if your gums bleed when you floss, as this will stop as your gums become healthier and tighter next to your teeth.
- A plastic flossing tool from your local pharmacy can make flossing easier.



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ORAL  
HYGIENE



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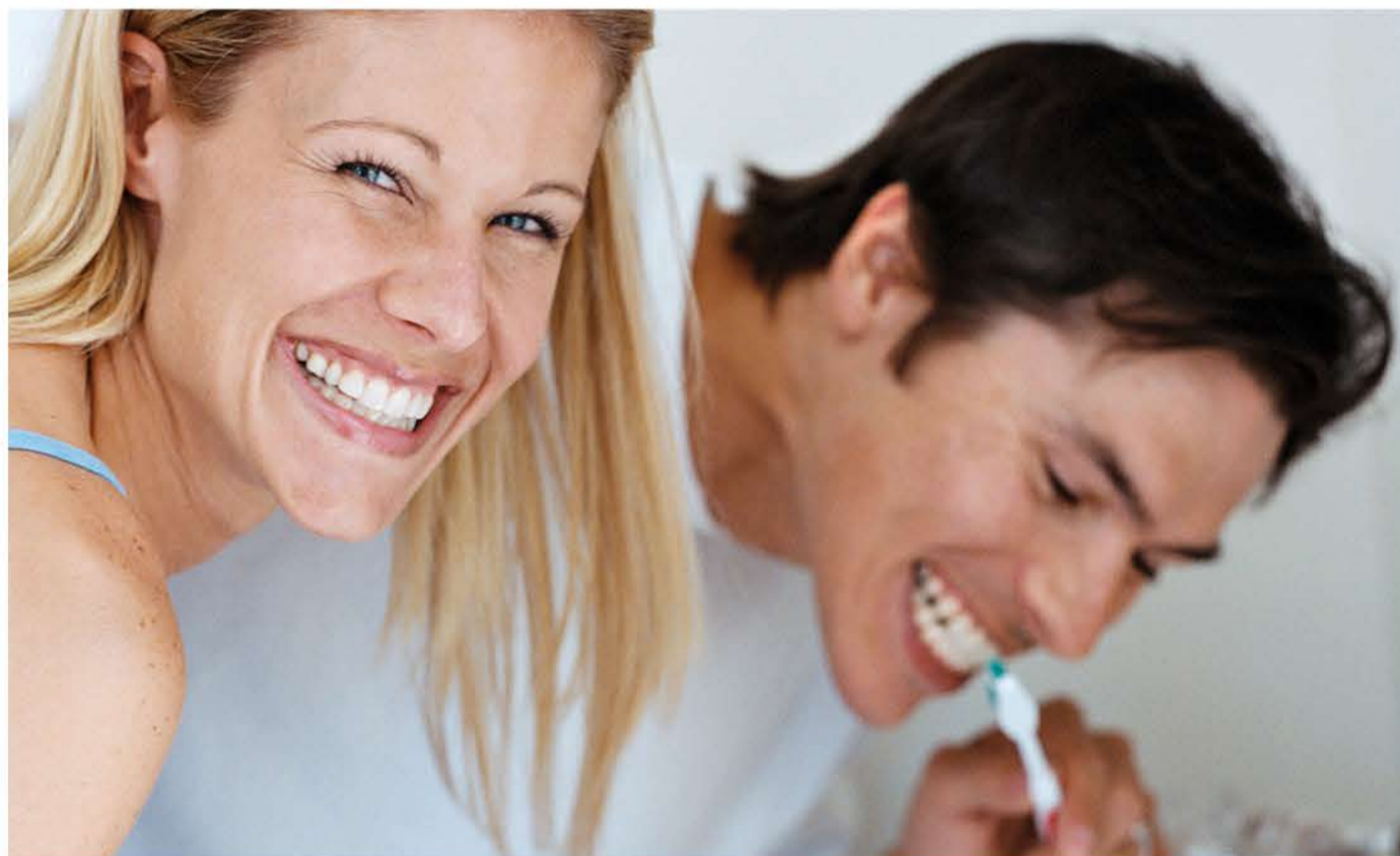
## ORAL HYGIENE FOR HEALTHY TEETH

You are in great hands at 1300SMILES. As one of Australia's largest dental groups, we provide high standards of patient care, support and clinical excellence; delivered to you by your dedicated local team.

We Care™ about ensuring the very best oral health for you and your family. An important part of this is putting in place an effective oral care routine at home, to ensure your teeth and gums stay healthy and your breath is fresh.

At 1300SMILES we firmly believe in the importance of preventive dentistry, to help you save money and time by attending to small dental issues today, before they can become large problems in the future. Good oral hygiene plays a big part in preventive dentistry.

Your 1300SMILES team will encourage you to ask questions about any aspect of your procedure, before we begin. We want you to be completely informed and comfortable with your treatment, because your needs and concerns are at the heart of everything we do.



### Ensure the best oral hygiene at home

An effective at-home oral hygiene routine is a crucial part of maintaining a healthy mouth. Your routine should include brushing morning and night with a fluoride toothpaste, and flossing at least once a day. In conjunction with your regular professional cleaning appointments with 1300SMILES, this routine will help ensure the best of health for your teeth and gums.

We Care™ about giving you and your family the knowledge you need to put in place an effective oral hygiene routine at home. Your 1300SMILES dentist will always be happy to give you the best advice on cleaning and flossing techniques, to maximise the effectiveness of your at-home oral care routine for a healthy mouth and bright smile for life.

### Gum disease and periodontitis

Plaque is a clear, sticky film on the surface of your teeth and gums. When not removed with the correct daily brushing and flossing technique, plaque becomes tartar, a hard substance which then can't be removed by your toothbrush at home.

Tartar will then cause irritation and inflammation which results in red, tender and swollen gums that bleed when you brush and floss. This can be a warning sign of gingivitis, which if left untreated can progress to periodontitis, a severe form of gum disease which can cause bone deterioration and tooth loss.

We Care™ about you retaining your teeth for life, which is why we recommend you ensure plaque is removed from your teeth with good at-home oral hygiene, as well as professional cleans at 1300SMILES.



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