

## Home Care Instructions

**It is important to carefully floss and brush daily for optimal oral hygiene. We welcome your questions and encourage you to bring any difficulties to our attention.**

Brush your teeth four times daily to avoid the accumulation of food particles and plaque:

- In the morning after breakfast
- After lunch or right after school
- After dinner
- At bedtime

Use a toothbrush with soft bristles and a small amount of fluoride toothpaste. As soon as the bristles start to wear down or fray, replace your toothbrush with a new one.

### ***Don't Rush...***

It will take several minutes to thoroughly brush your teeth. When you brush:

- Hold the toothbrush at an angle and brush slowly; carefully cover all surfaces of each tooth.
- Move the brush in small circular motions and gently direct bristles into areas where tooth and gums meet; bacteria are prone to hide in these crevices.
- Brush your tongue and the roof of your mouth before you rinse.
- Do not swallow any toothpaste; rinse your mouth thoroughly with water after you finish brushing.

### ***Flossing***

Dental floss is a thin thread of waxed nylon that is used to reach below the gum line and clean between teeth. Daily flossing is necessary to reach areas that cannot be cleaned by tooth brushing alone:

- Pull a short length of floss from the dispenser.
- Wrap the ends of the floss tightly around your middle fingers so you can hold tension on the floss and manipulate it with your other fingers.
- Guide the floss between all teeth and gently slide it up under the gums and back again to remove food particles and plaque.
- Unwrap clean floss from around your fingers as you go, so that you have a fresh section of floss for each tooth.
- Floss behind all of your back teeth.
- Floss at night to make sure your teeth are squeaky clean before you go to bed.
- When you first begin flossing, your gums may bleed a little. Persistence is key - don't let the bleeding deter your efforts. If bleeding continues for more than a few days, give us a call.

### ***Flossing Aids***

- There are many dental aids that can help in challenging areas; such as floss threaders for bridgework, or flossing devices for hard-to-reach areas.