

## Dental Hygiene Care Between Cleanings

The following are a few daily dental home care suggestions to keep you on track towards Optimum Oral health!

- Floss Daily - Flossing should be ideally done before bedtime, but flossing whenever you can will definitely help at your next dental check up. Flossing is the most effective way to remove any debris or build up between the teeth as our toothbrushes cannot access these areas. Any floss will do, but please check with your hygienist for proper flossing techniques.
- Brush (2 x) Daily. Brushing is recommended at least twice a day: once after you are up from your sleep and again before bedtime. Bacteria can develop while you sleep, so brushing can reduce this bacterial build up in your mouth as well as reduce "morning breath". Bedtime brushing is as important since our mouths go throughout the day eating, drinking and even breathing. Thus, it's always a good practice to refresh the surfaces of your teeth every 12 hours or so. Electric toothbrushes are recommended to ensure you reach and clean all your teeth surfaces, but manual toothbrushes work just as well if you are meticulous in your brushing.
- Toothpaste: Not all toothpastes are created equal, so knowing this, a baking soda toothpaste is recommended. Not only will this type help clean the teeth, but it's also very gentle on the enamel. This toothpaste will also help raise the pH of your mouth to help inhibit acid erosion.  
Arm & Hammer toothpaste is highly recommended.
- Mouthwash: Most mouthwashes on the market contain alcohol that can burn the mouth and dry tissues. As an alternative to mouthwash, we recommend hydrogen peroxide 3% (available at most retailers). Dilute with water, equal parts (ie: 1 cap full of peroxide and 1 cap full of water) and swish. The hydrogen peroxide works well to kill bacteria without irritating the tissues. A quick warning: hydrogen peroxide does not have a pleasant taste. Brushing immediately after swishing is recommended to eliminate the taste.
- Lastly, dental check ups and cleanings are critical. Whether it's every 3 months, 4 months or 6 months, regularly scheduled hygiene appointments will allow us to help you be on top of your oral health care and maintenance.

"An ounce of prevention is worth a pound of cure."  
- Benjamin Franklin