



The Essex Dental Clinic - Top Tips for Oral Hygiene

- Clean your teeth TWICE a day, BEFORE breakfast and BEFORE bed.
- Clean for 2 minutes (try timing yourself.)
- Use a pea sized amount of Fluoride toothpaste.
- Your toothbrush should have a small head with lots of tightly packed filaments and a medium texture. The manual toothbrush we recommend is a Sensodyne® Search 3.5
- Change your toothbrush regularly, as soon as the bristles start to splay out, approximately every 8 weeks.
- Your gums should NOT bleed when you brush them, this is a sign that the gums aren't healthy and therefore you need to clean more effectively. If your gums bleed keep brushing them.
- Do not wet your toothbrush before you start brushing.
- Place the brush where your gums meet your teeth and go around in small circles, then wipe away from the gum. Do NOT brush 'up and down' or 'side to side'.
- Start brushing in one corner of your mouth and work round, one tooth at a time, to the other side.
- Remember to clean every tooth, inside and out.
- Clean in between your teeth daily. This can be done with floss or tape and Te-pe® brushes.
- If you have deep pockets, using an interspace brush to clean down them is very helpful.
- Ask the dentist/therapist/hygienist for any help or advice on cleaning your teeth.
- If brushing makes you gag, always start at the back and work forward and concentrate on breathing through your nose.
- Electric toothbrushes are very good. Look for one that charges at a shavers socket and has a timer. The electric toothbrushes we recommend are Oral B® or Sonicare®.
- When using an electric toothbrush, let it do the work, just guide it around the contours of your tooth/gum margin, do not 'scrub' with it.