

Maintaining Your Oral Health.

Good oral health is central to our general well-being. The health of the body begins with the mouth.

We as dental care professionals are here to help prevent and control dental conditions and disease.



Gum disease still remains the most common cause of tooth loss in adults and can lead to dentures.

However gum disease is a treatable, preventable condition and can be kept under control with regular cleaning of your teeth, good eating habits and regular attendance at your dental practice.

The importance of attending regular visits with the hygienist.

A **Hygienist** is specially trained to identify, prevent and treat all aspects of gum disease.

They will provide you with a home care programme tailor made to meet your individual needs.

It is important to remove plaque and food debris from around your teeth with regular brushing. Cleaning should include between the teeth and daily dental care is up to you.

Our aim is to educate and motivate our patients to enable them to keep their natural teeth for life.

Key messages for good oral health:

- Brush your teeth for two minutes twice a day with a fluoride tooth paste.
- Cut down on how often you have sugary foods and drinks.
- Visit your dentist/hygienist regularly, as often as they recommend.
- Change your toothbrush every 2 – 3 months, or sooner if worn. When bristles become splayed, they cannot clean properly.
- Certain electric toothbrushes are better at removing plaque. They are especially useful for people with limited movement.
- Flouride helps to strengthen and protect teeth, which can reduce tooth decay.

Ask any member of staff to recommend a suitable toothbrush.