

Oral Hygiene

Brushing

Use a toothbrush with soft bristles and a small strip of fluoride toothpaste. When you brush your teeth, move the brush in small circular motions to reach food particles that may be under your gum line. As soon as the bristles start to wear down or fray, replace your toothbrush with a new one.

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

Flossing

For areas between the teeth that a toothbrush can't reach, dental floss is used to remove food particles and plaque. Floss at night to make sure your teeth are clean before you go to bed.

Tooth Decay Prevention

Avoiding unnecessary decay simply requires strict adherence to a dental hygiene regimen: brushing and flossing twice a day, regular dental check-ups, diet control, and fluoride treatment. Practicing good hygiene avoids unhealthy teeth and costly treatment.

Sealants

The grooves and depressions that form the chewing surfaces of the back teeth are extremely difficult (if not impossible) to clean of bacteria and food. Tooth sealants protect these susceptible areas by sealing the grooves and depressions, preventing bacteria and food particles from residing in these areas. Sealant material lasts for several years but needs to be checked during regular appointments.

Fluoride

Fluoride is a substance that helps teeth become stronger and resistant to decay. Regularly drinking water treated with fluoride and brushing and flossing regularly ensures significantly lower cavities.