



Oral Hygiene Advice

In the morning:

- Brush teeth for two minutes

At night:

- Floss
- Brush teeth for two minutes
- Rinse with Neutrafluor 220 mouth rinse

Tips for brushing:

- It is easier to do a better job with an electric toothbrush
- Remember to focus on brushing along the gum line near your tongue and near your cheek as this area is often missed.

Tips for flossing:

- Don't just 'flick in and out', but give the front and back of each tooth a good rub to remove the sticky plaque.
- While gums can bleed if you're rough, more often than not they are bleeding because you haven't been flossing enough or as well as is ideal. Keep flossing!
- Try and floss behind the most back teeth you have as this is an area that is hard to get to with a brush as well.

Tips for the high fluoride mouth rinse:

- We recommend daily use of Colgate Neutrafluor 220 mouth wash for patients at high risk of dental decay returning.
- There is an alcohol free version if rinsing with an alcohol based product every day concerns you.
- Use it after your teeth are clean, and make sure that you don't rinse with water, eat or drink for half an hour after use.

Another thing you can do:

If you are especially motivated, you can try GC Tooth Mousse, just apply it with your finger immediately before sleeping.