

Oral Hygiene Advice

Begin your oral hygiene routine by using the *TePe interdental brush* in-between each tooth to remove any debris and excess plaque

Please rinse the TePe brush under the tap between each tooth to minimise cross contamination of bacteria.

It is very important to use the right size of TePe brush. If using multiple coloured TePe's ensure there is some resistance when inserting the brush between the teeth. If the brush is too loose it will not dislodge the debris and bacteria, which in turn will continue to aggravate the gum and make it bleed.

Use TePe brushes twice daily, in the morning, and in the evening before bedtime. They should last no more than 4 days.

Use the *Oral B* electric toothbrush together with a round brush head. Place the tip of the brush head next to the gum margin and place on each tooth for at least 10 seconds. Plaque forms all over the tooth and therefore it is essential that all tooth surfaces are cleaned.

Plaque also forms on our tongues and it is best not to use the same toothbrush to clean the tongue. Use a tongue scraper instead.

Do not rinse your mouth with water or mouthwash after brushing your teeth. Toothpaste has antibacterial properties which contain fluoride which helps strengthen the enamel and prevents tartar build up. It is best practice to simply spit out the excess toothpaste and to not drink or eat for at least an hour after brushing to allow the toothpaste to take full effect on the teeth.