

# MouthMatters

Issue 2  
Part Two

Cotswold

DENTAL WELLNESS

## Hello again!

Welcome to part two, of MouthMatters Issue 2, in which Dr Clare Hudson and her Hygiene Team will take you through the practical steps you can take for daily plaque biofilm removal from the teeth.

Last week we discussed 'what is plaque', with information on how this biofilm forms in the mouth. In a future issue we will look at how disease actually occurs and specific ways of dealing with problem areas, today's focus is on the fundamentals of tooth cleaning; toothbrushing and cleaning between the teeth.

**PLUS interactive videos for fun!**

## Brush up your skills...

Toothbrushing twice a day will remove the majority of plaque biofilm from your teeth. Many people use an electric (power) brush, evidence shows that a rechargeable, power toothbrush like the oscillating-rotating Oral B Professional Care or Phillips Sonicare sonic brush, removes several times more plaque than a manual toothbrush.

[CLICK HERE](#) to watch a video for tips to check your technique!

If you prefer to use a manual toothbrush that's fine too, however, take care in choosing a brush. The bristles should be soft or medium rather than firm as these can cause abrasion, creating grooves in the tooth. A brush like Curaprox 5460 has thousands of soft bristles that gently and effectively remove plaque. [CLICK HERE](#) to have a look.

**When the teeth feel smooth and shiny they're clean!**



## Mind the gap!

Although toothbrushing will clean the inside, outside and biting surfaces of the teeth, the bristles cannot reach the in between (interdental) areas. In fact, the toothbrush can only remove about 60% of daily plaque!

It is in the interdental spaces that plaque biofilm can quickly accumulate causing inflammation and disease, so it is vital that these areas are cleaned **every day**.

Evidence shows us that an interdental brush is the most effective tool to clean between the teeth, keeping your teeth and gums healthy by preventing gum disease and cavities; in fact it is more effective than using floss! They are also excellent for dental implants and orthodontic braces.

Tepe interdental brushes are widely available and come in many different sizes. It is essential to use a brush that fits snugly between the teeth, otherwise plaque biofilm will be left behind; most people have to use two or three different sized brushes as spaces vary between teeth. For very tight spots dental floss or tape can be used instead, or thin rubber ended sticks like Wisdom 'Clean Betweens'.

[CLICK HERE](#) for some tips!



## What about Toothpaste?

Toothpaste is an effective and very important way of delivering fluoride to the teeth, which helps to strengthen enamel to protect against tooth decay. Other active ingredients like desensitising agents can be added to toothpastes too. However, toothpastes can be abrasive to the tooth surface, so take care to use only a pea sized amount every time you brush.

**Fun Fact ... your teeth are as unique as your fingerprint, no two sets are the same !**

## Top Tips



1. Spread toothpaste over the teeth before switching on your electric brush, otherwise it will splash all around your bathroom!
2. Use interdental brushes before your toothbrush, and there's no need to use toothpaste on them.
3. Brushing before breakfast, provides teeth with a protective layer of fluoride against any acids or sugars you may eat or drink for breakfast.
4. Spit don't rinse! Did you know that leaving residual toothpaste on the teeth after brushing will enable fluoride to stay longer on the teeth? Don't rinse it away!
5. Interdental brushes are brilliant for removing trapped food from between the teeth after a meal.



## ...and for the younger generation



From around age of seven, children can start to use an electric toothbrush. Using a pea sized amount of fluoride toothpaste, it's a fun and effective method to encourage children to brush their teeth.

Chewing a disclosing tablet after brushing is a clever way to check if children have removed all plaque from their teeth, as any remaining plaque biofilm will be stained a pink or purple colour. It's a great way for children to check up on their brushing, and guess what?

It's brilliant for adults too!

## Emergency Service

Dr Claire Hudson is offering a telephone emergency service. Please call 01608 642993 for advice.