

Hygiene For Healthy Teeth  
at



**BRUNSWICK  
DENTAL GROUP**  
ENHANCING YOUR SMILE

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HYGIENE**

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*Prevention is better than cure*



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[www.bdg.net.au](http://www.bdg.net.au)

The team at Brunswick Dental Group knows of the importance of good oral health. One of the most important aspects of quality dental care is the prevention of decay and oral disease. Preventative measures are always more beneficial and less costly than treatment for these problems. For this reason, Brunswick Dental Group is committed to informing their patients to empower them for their future and overall wellbeing.

We recommend the following daily routine as a good measure of oral hygiene:

- Brush your teeth twice a day with fluoride toothpaste and a soft bristled brush. Replace your toothbrush every three months or sooner if the bristles are worn.
- After brushing, use floss or an inter-dental cleaner because decay-causing bacteria can linger between the teeth in hard to reach places that your toothbrush bristles can't reach.
- Eat a well-balanced diet and limit between meal snacks. Snacks such as fruit and vegetables, cheese sticks, plain yogurt and fluoridated water instead of sweet treats are a healthier alternative and actively decrease your risk of developing tooth decay.
- Visit Brunswick Dental Group regularly for professional cleanings and oral exams.

It is important to note that it isn't the quantity of sugar in snacks but how often you expose your teeth to them which causes the most tooth damage. Saliva is your natural defence against food acid. Snacking constantly or drinking sweetened drinks such as soft drinks, sweetened tea and coffee will produce more acid and reduce your capacity to make saliva, therefore exposing your teeth to mouth acids over a longer period. It is best to limit your intake of these products at normal meal times.



### BRUSHING TIPS

It only takes a couple of minutes a day for you to achieve and maintain your oral health between your visits to Brunswick Dental Group. The following helpful tips are provided so that you can brush more effectively:

- Use a soft bristled brush with a small head so that you can reach all areas of your mouth easily.



- Hold your brush at a 45-degree angle against your gum and gently brush from where the tooth and gum meet to the chewing surface in short strokes. Brushing too hard can cause receding gums, sensitive teeth and over time loose teeth.
- Brush your tongue, roof of your mouth and cheeks using a forward-sweeping motion to remove bacteria and help freshen your breath.

### FLOSSING TIPS

Flossing is essential to remove plaque build-up and particles caught in the fine spaces between your teeth. It is best to floss at night so you can remove any food accumulated from daily meals or snacks.

The teeth can be simplified as a picket fence. The upper picket may be nicely painted above ground but if you disregard the condition of the picket under the soil, you may have the beginning of decay. Flossing will help alleviate the fear of plaque building and forming tooth decay. If you do not floss, you miss cleaning 35% of your tooth's surface.

Gum disease is the leading cause of tooth loss in Australian adults. It begins as gingivitis and progresses to a bacterial infection known as periodontitis. Without brushing and flossing you may see warning signs such as:

- Gums that easily bleed
- Red, tender or swollen gums
- Gum pockets around the teeth
- Persistent bad breath or bad taste
- Loose teeth

When diagnosed early, gum disease is a reversible condition that we at Brunswick Dental Group can treat.

