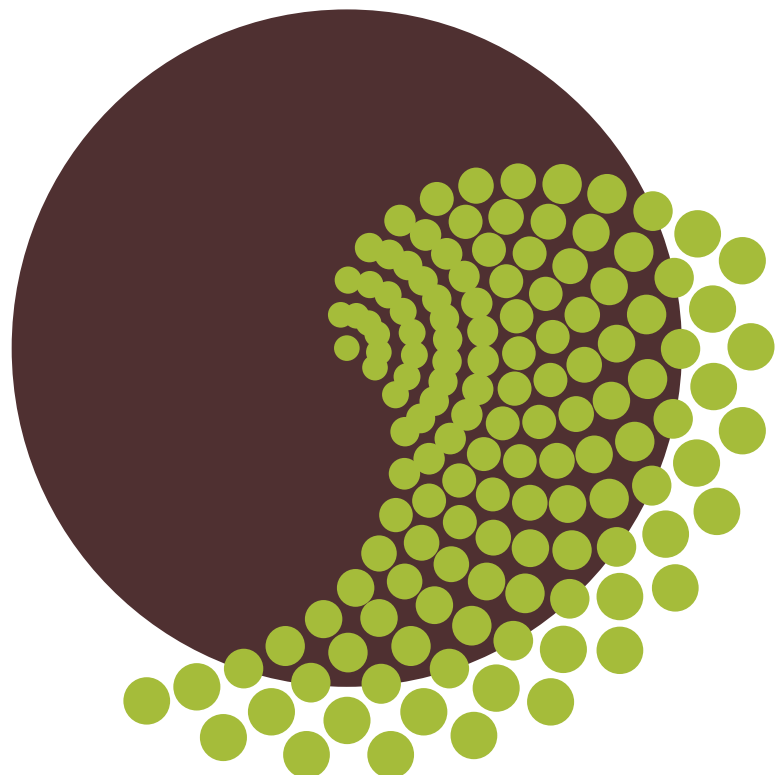


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dental implant & cosmetic centre

Oral Hygiene Instructions



Oral Hygiene Instructions

- The aim of brushing your teeth is to remove plaque (bacteria).
- Teeth should be brushed in the morning and most importantly in the evening.
- It is also important to clean in between your teeth where a toothbrush cannot reach.
- Brushing should ideally take 2-3 minutes.

Brushing with a Manual Toothbrush

- Small head with soft texture bristles. We recommend Curaprox 5460.
- Use a pea sized amount of toothpaste that contains fluoride of 1350ppm to 1450ppm.
- Place the toothbrush on each individual tooth, angling approximately 45 degree's towards the gum margin.
- Move the toothbrush in a circular motion, counting to 5 on each tooth.
- Remember to brush all tooth surfaces.
- Follow current guidelines, spit don't rinse.

Brushing with an Electric Toothbrush

- We recommend a small round head.
- Use a pea sized amount of toothpaste that contains fluoride of 1350ppm to 1450ppm.
- Hold the toothbrush half on the gum , half on the tooth and hold on each individual tooth, count to five allowing the toothbrush head to do the work.
- Remember to brush all tooth surfaces.
- Follow current guidelines, spit don't rinse.

Penodontal Treatment Aftercare information

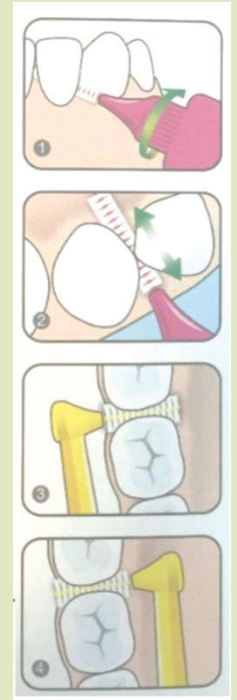
- If you have been treated under local anaesthetic, in order to avoid any trauma such as biting your cheeks, tongue or lips please refrain from having hot drinks or eating until the numbness wears off.
- After the treatment you may experience some discomfort for a few days. Painkillers should be sufficient enough to ease any discomfort experienced (Allergy permitting).



How to use TePe Interdental brushes

Front of mouth:

- Insert the brush into the space between teeth at gum level, turning slightly (diag 1).
 - This technique aids access and prolongs the life of the brush.
 - Once inserted, gently move the brush backwards and forwards a few times to remove plaque and debris (diag 2).
- Back of mouth:
- The new TePe Angle™ brush, with its long Handle and pre-angled head, is ideal for cleaning difficult-to-reach areas such as between the teeth at the back of the mouth.
 - The TePe Angle can be used to clean from both the tongue and cheek sides. (diagrams 3 & 4).
 - Brush care: Always rinse brush in clean water during and after use.



How to Floss Your Teeth

You should floss your teeth thoroughly at least once a day to remove plaque from the areas that your toothbrush cannot reach. Periodontal disease and tooth decay can often start between the teeth.

Follow the steps below for correct flossing.

- Wind about 18 inches of floss around your fingers. Most of it should be wrapped around one finger, and as the floss is used, the other finger takes it up. Use your thumbs and forefingers to guide about one inch of floss between your teeth.
- Holding the floss tightly, gently curve the floss into a C-shape against one tooth and gently guide it under the gums.
- Slide the floss up and down, repeating for each tooth. Make sure to floss on both sides of every tooth.

Curasept Mouthwash

- Use 1 hour after brushing teeth.
- Keep it in your mouth for 1 minute, then spit (do not rinse).
- Avoid tea and coffee for at least 1 hour after use.
- Use it for 10 days only.

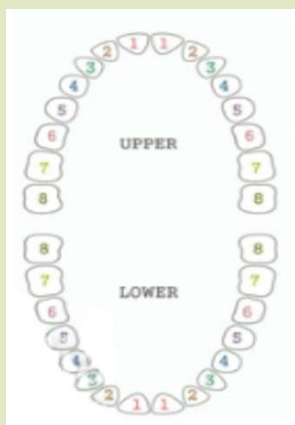
Corsodyl Gel

- Please use for 2 weeks only.
- Use 1 hour after brushing teeth (best to use just before going to bed).
- Use you fingertip or a TePe brush to apply a small amount of the gel to the affected area, as advised.

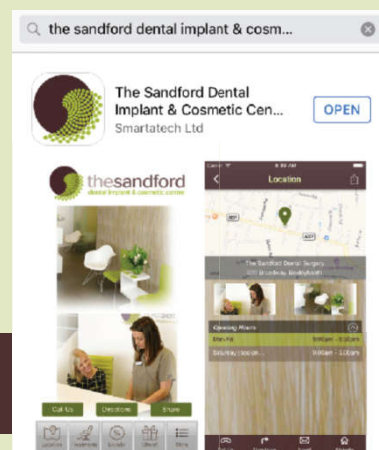


Price	Product	Quantity
£3.50	TePe Brushes Pink/Orange/Red/Blue/Yellow/Green/Purple/Grey/Black	
£4.00	Angled TePe Brushes Pink/Orange/Red/Blue/Yellow/Green	
£3.50	Curaproc Adult Toothbrush	
£3.00	Curaprox Single Tufted Toothbrush	
£7.00	Curasept Mouthwash	
£4.65	Peroxyl Mouthwash	
£3.75	Corsodyl Mouthwash	
£3.75	Corsodyl Gel	
£6.95	Duraphat Toothpaste 5000ppm	
£5.00	Duraphat Toothpaste 2500ppm	
£2.50	Satin Dental Tap	
£3.00	Superfloss	
£1.75	Disclosing Tablets	

Appointment Notes:



Download our 'Sandford' app to start collecting loyalty points for hygiene visits. Collect 5, receive your 6th hygiene visit for free.



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