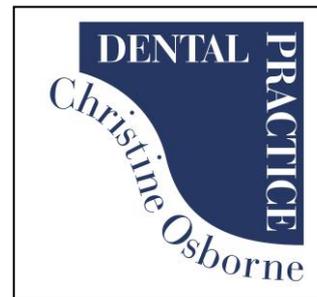


Just to let you know



Every other ad is dental?

Confused by the range and choice?

Electric or manual?

There is now a vast array of dental hygiene products available in supermarkets and chemists. The oral care product market in 2011 was worth £981 million in the UK and is increasing every year.

There has been rising concern among consumers regarding dental care in recent years. As more and more products are marketed highlighting benefits relevant to these concerns, consumers are becoming more aware of the different advantages of new products, thereby aiding growth in the oral care market.

However the range and choice make it very difficult for the shopper to decide what product is best for them.

Tooth Brushes

Brushes can be manual or powered

The most important message about tooth brushes is to change them frequently. No matter how expensive and intricately designed the nylon bristles will still fray and wear over time. A number of studies have shown that as the bristles become worn, the effectiveness of the cleaning diminishes. The advice is to change the brush every 3 months or more frequently if you are a "heavy" tooth brusher. Look at the bristles they should be straight.

Any easy test is to try a new brush or brush head each week and if it feels better keep using it and throw the old one away.

The tooth brushes we keep in the practice have small heads, flat bristles and we only charge a small amount, to encourage regular changing.

Brushes need to have a small head to reach in the nooks and crannies of your mouth. If you cannot get your brush around the back of your upper teeth and the inside of your lower back teeth, then the head is

is too large and possibly the bristles too long.

It is the brushing technique which is critical not the fancy angled bristles. If you are not sure just ask us.

There have been no good independent studies to show that a powered brush is more effective at cleaning than manual. However patients with dexterity problems and children can often improve their brushing efficiency when they change to a powered brush.

Generally the rechargeable powered brushes last longer than the battery operated ones. You do not need a powered brush with lots of bells and whistles, just a plain brush with a timer.

"In between" Cleaning

Flossing if you can, gently using floss or the Glide Floss Picks is very effective at removing the bacteria from between teeth. It will not push the gum down leaving unsightly black triangles between the front teeth as the "bottle brushes" are likely to do. The Clean Between rubber brushes are also effective if used gently but we must show you what to do first. **Floss should never be used below the gum margin.**

For big spaces between the back teeth the various make of bottle brush are ideal. They need to be pre-curved over a finger to aid access.

Tandex Oral Gel (only available from the practice) eases the passage of the any of the interdental brushes.



Podiatry comes to Centennium House
See overleaf

If you have a dental emergency please call as early in the day as possible