



A review of today's appointment and tips to remember:

PLEASE BRING YOUR TOOTHBRUSH TO EVERY APPOINTMENT

BRUSHING: Still the most important method for cleaning your teeth. Following the technique below will help to prevent gum disease, halitosis (bad breath) and prevent decay. Using this precise method you will be unlikely to skip a tooth when cleaning.

- Get into a routine of cleaning twice a day spending roughly 15-20 minutes at one of the sessions and 5-10 minutes at the other.
- We recommend that you use either the **Colgate ProClinical C600** electric toothbrush. It has a conventionally shaped head, which vibrates at very high frequency. This powerful vibrating motion disrupts the dental plaque (biofilm), even below the gum margin and in between the teeth, if used correctly.
- The brushing technique for the sonic toothbrush is quite different from a manual toothbrush. The toothbrush will perform the necessary cleaning action therefore you don't need to scrub back and forth.
- We recommend that you only use this toothbrush on the first setting (optimum). The toothbrush stops every 2 minutes – override and continue brushing
- Develop a logical order of brushing teeth beginning on one side of the mouth and end on the other side.
- When brushing on the cheek surface make sure that you close your mouth slightly so that you can pull your cheek out of the way to clean your back teeth. When brushing behind upper and lower front teeth, use the brush on a vertical angle to make access easier.
- Use your toothbrush at a 45 degree angle pointing the bristles towards the gum margin so the bristles can clean under the gum margin beside the tooth.
- Finish the top teeth by brushing on the inside of the teeth starting at the back right and finishing on the back left and then finally brush the biting surfaces.
- Repeat this pattern for the lower teeth. Remember to brush your tongue. The back of the tongue is a reservoir for millions of bacteria that cause gum disease, tooth decay and bad breath. A tooth brush can be used on your tongue to remove these bacteria and their chemical products to minimise the bacteria and freshen your breath.

- Where there is bleeding from gum margins, there is a build-up of bacterial plaque that causes inflammation – this area needs more thorough brushing. The bleeding should reduce with time as you clean the area better.
- Only use the recommended toothpaste with your Colgate Pro Clinical Toothbrush.
- Always rinse your toothbrush under cold water. Never use hot or warm water. Change the head on your toothbrush every three months
- We don't recommend the use of mouthwash unless prescribed.

If you have been advised to use Curasept mouthwash and Curasept gel toothpaste please follow the instructions below:

NEVER USE OTHER TOOTHPASTES OR MOUTHWASH BEFORE OR AFTER USING THESE PRODUCTS



CURASEPT ADS 0.20% MOUTHWASH

Curasept mouthwash is for short-term intensive protection.

For the first 2 weeks use the mouthwash by dipping your toothbrush head in the solution and then follow our recommended brushing technique with regular dipping of the brush head. Avoid swallowing any excess by spitting out regularly. Once you have done this for 2 weeks then cease use of the mouthwash and begin using the Curasept gel toothpaste as shown.



CURASEPT ADS 0.12% GEL TOOTHPASTE

Gel toothpaste is a long-term protection against the bacteria linked with gum disease

Place a pea size amount on your brush and follow the toothbrush technique you have been shown. Use this toothpaste instead of other normal toothpaste for the first 6-8 weeks initial therapy period. You will be advised at your review appointment what toothpaste you will need to use in the future.