NQ Surgical Dentistry

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

PLEASE REMEMBER TO BRING YOUR TOOTHBRUSH TO EVERY APPOINTMENT

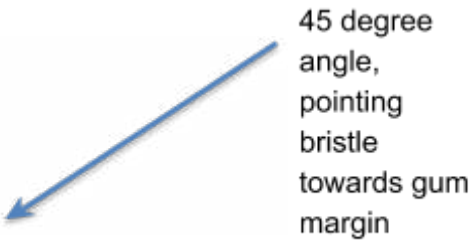
BRUSHING: Still the most important method for cleaning your teeth. Following the technique below will help to prevent and treat gum disease, halitosis (bad breath) and prevent decay. Using this precise method you will be unlikely to skip a tooth when cleaning.

- We recommend that you use the **Philips Sonicare Plaque Defence** electric toothbrush. It has a conventionally shaped head, which vibrates at very high frequency (32MHz – 32,000 times per minute). This powerful vibrating motion disrupts the dental plaque (*biofilm*), even below the gum margin and in between the teeth, if it is used correctly. The brushing technique for the sonic toothbrush is quite different to the pattern you may have already formed with a manual toothbrush.

- 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. The toothbrush has a timer that makes a tone every 30 seconds and stops the brush every 2 minutes.

- The toothbrush has a single power setting.

It is important to develop a brushing pattern to avoid missing areas. We recommend that you start on the right hand side of the top jaw on the outside of the back tooth. Continue the pattern to the last tooth on the left side. To reach the back teeth properly you will need to partially close your mouth to loosen your cheek.



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- Use your toothbrush at a 45 degree angle pointing the bristles towards the gum margin so the bristles can clean under the gum. Then brush up onto the gums, back down onto the tooth and then in-between the teeth, one tooth at a time.

- Once you've completed brushing the outside of the top jaw you then need to brush the inside surfaces of the upper teeth and gums. Once again follow the pattern of brushing from the right side to the left. Note when brushing behind the upper front teeth the angle of the brush will change to vertically.

- Finally brush the biting surfaces of the upper jaw. Jiggling the bristles in to all the grooves.

- Repeat this pattern for the lower teeth. Outside, inside, biting surfaces. 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 toothbrush 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.

- **Toothpaste does not clean teeth!!** Toothpaste is only a vehicle to carry Fluoride into the mouth to help protect against dental decay. It also tastes minty and can make brushing more pleasant. So using a tooth paste is optional but if you have been advised to use an antimicrobial toothpaste then follow the instructions you were given.

- Always rinse your toothbrush under cold water. Never use hot or warm water. Change the head on your toothbrush every three months and leave the brush head to dry between uses to kill any bacteria present.

- **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 MOUTHWASHES BEFORE OR AFTER USING THESE PRODUCTS AS THEY CAN INTERFERE WITH THE ANTIBACTERIAL ACTION OF CURASEPT

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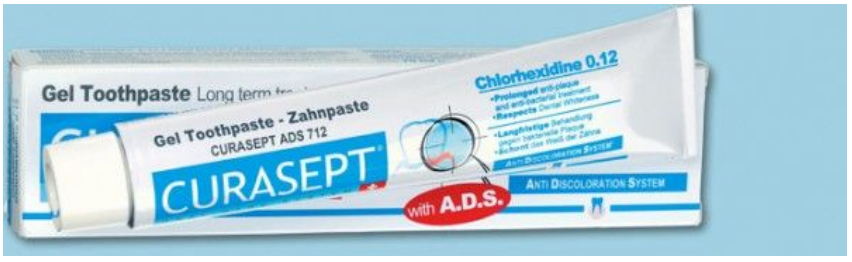
CURASEPT ADS 0.20% MOUTHWASH

(ADS = Anti-Discolouration System)

Curasept mouthwash is for short-term intensive protection to assist in killing bacteria in your plaque.

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. Try to 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 longer-term protection against the bacteria linked with gum disease, but is not required by all patients. Generally, the daily use of the sonic brushing technique alone is adequate to control the plaque formation and maintain healthy tissues around the teeth.

If you are using the gel toothpaste, place a pea-sized amount on your brush and follow the toothbrush technique you have been shown.

Some patients may be asked to use Curasept 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.

If you have any questions regarding the treatment and on-going care to control and stabilise your gum disease, please ask your dental hygienist, or ring the practice and talk to our knowledgeable staff. If you have any concerns regarding your treatment, please contact us on 07 4725 1656 or email us on admin@nqsurgicaldentistry.com.au

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