

# ORAL HYGIENE INSTRUCTIONS

INFORMATION ABOUT YOUR ORAL HYGIENE REGIME



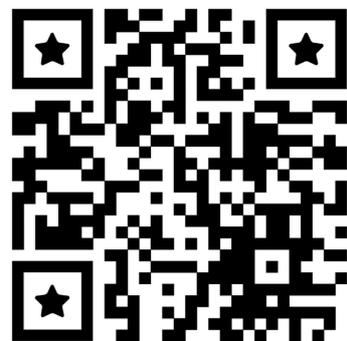
**Step 1:**  
Interdental brushes  
*Approx 10 min*

**Step 2:**  
Single tufted brush  
*Approx 2 min*

**Step 3:**  
Focused gum & tooth brush  
*Approx 4 min*

**Step 4:**  
Tongue scrape  
*Approx 1 min*

Oral Hygiene Videos



## Step 1: Interdental Brushes

- Need to be a 'snug fit'.
- Move in and out of the space between the teeth pressing against the gumline straight x3 strokes, to the right x3 strokes and to the left x3 strokes.
- Replace every 2-3 days.
- Rinse with water each time. No toothpaste needed. Do not dip in mouthwash.
- 1x a day is fine but must be done thoroughly.



## Step 2: Single Tufted Gum Brush

- This is a very important brush - use 2x a day.
- For targeted areas (gaps, wisdom, hard to reach)
- Point towards the gumline, scrub along gum, stir between teeth
- We recommend the Wisdom brand.



## Step 3: Rechargeable Electric Toothbrush

- Focused gum brushing is key. Hold the toothbrush angled 45 degrees towards the gum for 3 seconds per tooth.
- Always use an electric toothbrush. Any Oral-B toothbrush from the iO3 series onwards is recommended. Sonic brushes are acceptable, but Oral B is a more suitable option
- Use a round head – either the Gentle Care (if you have sensitive teeth) or the Ultimate Clean.
- Brush 2x a day, change the head every 8-10 weeks.



## Mandatory Monitoring: Disclosing Tablets

- Please use a disclosing tablet in your kit once a week AFTER brushing to monitor your progress. Set a reminder/alarm on your phone.
- Chew a tablet, spread over teeth, spit, rinse & examine the purple/pink areas. You can then go back & clean these areas.



## Advice: Toothpaste, Waterflossers & Mouthwash

- Any toothpaste that contains fluoride is recommended.
- If you are suffering from sensitivity, then we would recommend the Sensodyne range.
- Spit out the toothpaste, don't rinse.

Waterflossers can be a useful aid for hard to reach areas, but are not a full mouth replacement for any of the above steps. We recommend Waterpik if you want to use a waterflosser.

Generic mouthwash is not necessary as it is usually just a breath freshener. If you do use it, it must be at a different time to brushing e.g. after lunch. Only use Corsodyl if recommended.