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## **Oral Hygiene Instructions**

Brush your teeth daily whenever you are able to, using short circular strokes and a fluoride toothpaste, making sure you clean the margins of the gums. A rotating-oscillating (not a sonic) electric toothbrush (Oral-B™ 600 or Oral-B™ Vitality) can be beneficial.

The spaces between the teeth can be cleaned with spiral inter-dental (TePe™) brushes ( ). Bleeding gums are a sign of gum inflammation or disease and should be brushed more thoroughly and carefully to ensure the inflammation regresses.

You may have been prescribed a high fluoride toothpaste. This is to be used regularly instead of your regular toothpaste twice daily for 3 months. A smear of toothpaste should be sufficient and there is no need to rinse the mouth following brushing.

*Suggestions or Comments? Please complete*

*our Friends and Family Test Survey*