

Oral hygiene instruction

Bacteria (plaque) lives in our mouths and requires daily, effective removal to maintain a healthy balance and prevent or resolve inflammation (gum disease).

An electric, rotary toothbrush is most effective and always recommended. Use twice daily on all tooth surfaces and gum line with a pea sized amount of Fluoride toothpaste.

Spit don't rinse the toothpaste away after tooth brushing.

Even effective twice daily cleaning only reaches 60% of the areas where plaque lives. You need to use tools designed to clean in between the teeth and under the gum line.

Our dental hygienist will explain the techniques and give you lessons on how to clean effectively and which aids are most suited to your mouth. This is a gradual process that will be revised at each session to ensure you can achieve the very best results for yourself. It is a skill which needs to be taught like any skill we learn.

All of these techniques are suitable for implants, bacteria form around implants in the same way and cause the same inflammation!

Electric, rotary toothbrush technique



Bristle placement too high on the gum and missing the critical gum line. Bacteria (plaque) causing gum inflammation (gum disease) will be left undisturbed.



Bristle placement too low on the tooth and missing the critical gum line. Bacteria (plaque) causing gum inflammation (gum disease) will be left undisturbed.



Correct placement of bristles at the gum line. Aim to push the bristles under the gum line to disturb the bacteria living there. If left in situ the bacteria mature to initiate gum inflammation recognised by bleeding when you brush the gums. The only way to resolve the inflammation and stop gums bleeding is to brush the bacteria away thoroughly twice a day.



Inter dental brushes such as Tepes are very effective at removing the bacteria from in between the teeth where a toothbrush can not reach. These should also be pushed under the gum to disturb that bacteria. It may cause bleeding and tenderness if your gums are inflamed. Continue to use them and these symptoms of inflammation will resolve.



Dental floss can be effective at removing plaque with the correct technique

1. Ease the floss between the teeth using a back and forth motion try not to snap it down in to the gum
2. When passed the contact point curve in to a C shape and slide it under the gum line until you feel resistance
3. Hold the floss tightly against the tooth and move up and down the tooth to remove the plaque.
4. Then move the floss to the tooth on the other side of the gap and repeat and so on.



A single tufted brush is useful to tackle specific and difficult to reach areas that need extra attention such as gum pockets where you gently splay the bristles on to the the tooth, push under the gum line until u feel resistance at the base of a pocket and wiggle the brush to disturb the plaque bacteria. Initially this may be tender and will almost always cause bleeding - with continued use this will improve.

Do not worry if you think it is going deep under thegum – this is our aim!