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## How often should I floss my teeth?

### At least once a day!

If you don't, you are almost sure to have bad breath...

What's worse, people with bad breath usually don't know that they have it...

So if you are single and want to get past the first date...

Floss each day!

### Why is this so?

Well we know that bad breath is the result of bacteria. Bacteria can be found in many places within the mouth and regular brushing can usually get rid of most of it.

Apart from a professional scale and clean, flossing is the best way to remove bacteria from under your gum line.

Bacteria left under the gum line for too long can begin the onset or periodontal disease, which can lead to the ultimate loss of several teeth.

If you are not 100% sure on your flossing technique, just ask us at your next appointment. We will give you a practical demonstration.



## Did you know that the life span of a toothbrush is about 2 – 3 months?

So a great way to remember is to change your brush at the beginning of each season. (Summer, Autumn, Winter, Spring)

After using a toothbrush shake it vigorously under tap water and store it in an upright position, allowing too dry out.

Try and keep your toothbrush from touching others when stored.



- Toothbrushes just simply wear with repetitive use.
- Worn bristles aren't effective in getting into all those tricky corners around your teeth.
  - Old toothbrushes are a breeding ground for bacteria which can build up to significant levels.
  - When stored together, touching toothbrushes can spread cold and flu viruses.
  - Toothbrushes harbor little bugs that cause cold sores and ulcers. If you are susceptible to ulcers and cold sores you should change your toothbrush more regularly to avoid reinfesting other parts of your mouth.

## What causes...

Sugar is the main cause of decay and is found in many foods we eat and drink either naturally or as an additive. Bacteria that have settled on a tooth thrive on sugar. They love the stuff and multiply themselves so that even more of them can have fun.

***“Fluoride helps strengthen tooth enamel making it harder for the acid to eat its way into the tooth.”***

Unfortunately when bacteria and the sugar get together a chemical reaction occurs that produces an acid that eats away at the enamel of teeth.

The more sugar we eat results in more bacteria which produces more acid, which dramatically increases the chance of decay. Fluoride helps strengthen tooth enamel making it harder for the acid to eat its way into the tooth but once the

decay process has started it accelerates at a rapid rate. After eating through the enamel the decay then attacks the softer dentine part of the tooth.

If left untreated the decay will engulf the tooth eating its way further down to the pulp or nerve. It is therefore important to try and limit the amounts of sweet foods and drinks that we consume and to brush our teeth shortly after every meal.



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## What to do if a front tooth gets *knocked out*?

### First things first, find your tooth!

Don't handle the tooth by its delicate root and resist the temptation to clean it off with water. The root membrane is delicate and is needed intact to encourage re-attachment.

If the tooth is clean, place it

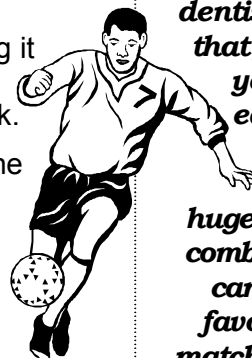
immediately and apply slight pressure. If the tooth is dirty try and rinse it using milk and then place it back in its socket.

*Do not use water to rinse the knocked out tooth!!!*

Otherwise keep the tooth moist by placing it in a glass of milk or tuck it into your cheek.

Make fast tracks to the dentist.

If you can be there within 30 minutes, there's an 85% chance the tooth will reattach.



***Prevention is better than cure; wear a custom made, well fitting mouthguard! Your dentist can make one that fits perfectly to your teeth and is easy to wear.***

***And you can choose from a huge range of colour combinations so you can make it your favourite colour or match it to your team!***