

## Oral Hygiene Regime

- Brush the teeth with your electric toothbrush twice daily. Aim to brush around the gum area (half gum, half tooth)
- Use the floss or Tepe brushes and the pocket brush once a day (no toothpaste) same time **every day**
- 20 seconds per tooth inside and outside 45 degree angle to the gum line (bristles under the gums)
- Link this thorough clean with another event i.e. radio show or TV programme
- Expect bleeding/tenderness – this is normal and will subside
- Recall every 3 months – We will aim to see you every 3 months for maintenance appointments to assess the pocket depths and to give the teeth a deep clean. (There will be a fee associated with these maintenance appointments)

### Tooth brush



### Floss



### Pocket brush (Interspace brush/Single Tufted brush)



*Please remember - The less you do, the longer it will take to control the advanced gum disease. We can not cure the gum disease, we can only control it.*