**What is Tooth Decay?**

Inside our mouth, surrounding our teeth are germs, or bacteria. Foods containing sugars and starches left on the teeth undisturbed, allows the bacteria to use the sugars to produce acids. The longer the bacteria are on the surfaces in your mouth, the harder it is to remove and overtime, the acids that the bacteria produce begin to eat away at the tooth enamel, which can lead to tooth decay. If decay is left untreated, it may eventually lead to toothache.

**Home Care Recommendations**

**Tooth Brush:**
- Manual:________________________
- Power:____________________

**Toothpaste:**
- Anti-cavity:____________________
- Anti-sensitivity:____________________
- Tartar control:____________________
- Whitening:____________________
- Other:____________________

**Cleaning in between Teeth:**
- Floss:____________________
- Super Floss
- Perio-Aid
- Interproximal Brush:____________________
- Other:____________________

**Mouth Rinse:**
- No Fluoride:____________________
- No Alcohol:____________________
- Natural:____________________
- Dry Mouth:____________________
- Other:____________________

**Comments:**
______________________________________________
______________________________________________

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**What is Plaque Biofilm?**

Plaque biofilm is a soft, sticky film of bacteria or germs that grow on multiple surfaces in your mouth including your teeth, gums, and tongue. If too much of this plaque biofilm is left in the mouth untouched, it can cause problems: most common is tooth decay like cavities and gum disease like gingivitis. Removing plaque daily will help keep your teeth and gums healthy, and prevent tooth decay and gum disease.

**What is Gum Disease?**

There are two forms of gum disease: gingivitis and periodontitis. **Gingivitis** is a reversible gum infection around the teeth due to the buildup of plaque. If this plaque is not removed well, gums can bleed, and become tender and red due to infection and swelling. Proper brushing and flossing can reverse the effects of gingivitis. **Periodontitis**, an irreversible disease that develops from gingivitis, forms deep pockets between teeth and gums by destroying the supporting structures of the teeth, bone, and gums. Once the bone loss has started, the pocket between the gum and tooth becomes deeper making it impossible to clean without professional treatment. Unlike gingivitis, there is no way to repair the damage done, but proper brushing, flossing and professional treatment can stop periodontal disease from getting worse.
How to Brush

1. Angle a soft-bristled toothbrush on the outside of the back teeth pointing towards the gum line.
2. Apply light pressure and brush back and forth for 5 seconds along 2-3 teeth. Continue brushing all outside surfaces.
3. Continue method for inside of the back teeth.
4. On chewing surfaces, brush back and forth.
5. To clean behind front teeth, tilt the brush vertically and brush up and down for 5 seconds.
6. Brush your tongue in a back-to-front motion to remove bacteria and avoid bad breath.
7. For optimal oral self-care, brush at least 2 times per day for 2 minutes.

Interproximal-Brush

An interdental brush is an effective way to clean plaque in the spaces between neighboring teeth. The uniquely designed brushes can reach and clean tooth surfaces floss cannot access. With frequent use, interdental brushes will assist in reducing plaque between teeth, bleeding, and gum inflammation.

How to use an interdental brush:
- Select the correct size.
- Move the brush back and forth a few times between each space of your teeth. Angle the brush to access the back teeth.
- Complete this throughout the mouth.
- After use, rinse handle and bristles with water.
- Store in a clean, dry place.

Tips for use:
- Use light pressure. Do not force the brush into the space.
- Use a plastic coated wire brush for implant teeth.
- Replace your brushes when the bristles begin to splay or become worn out.

Perio-Aid

What is a Perio-Aid?
“Toothpick holder” that helps to remove plaque along the gum line and spaces between teeth.

What are the benefits of a Perio-Aid?
It is easy to use on all tooth surfaces, especially on the inner gum lines and effective in preventing gum disease.

Who should use a Perio-Aid?
People who have spaces between their teeth, a fixed bridge and implants, and orthodontic appliances. NOT intended for people with gums that fill the space between their teeth.

How to use a Perio-Aid?
1. Insert toothpick into holder and break off the longer end.
2. Wet the toothpick with water.
3. Place tip of the toothpick towards the gum line & trace around each tooth.

**In between teeth, gently move tip in an up-down motion
**Gap between exposed roots, gently move tip in an in-out motion.

Why Floss?
Flossing at least once a day to remove plaque and food under the gum line and between teeth that a toothbrush can’t reach can help to prevent gum disease.

How to Floss:
1. Wrap 12-18” floss around middle fingers
2. Hold the floss between thumbs and index fingers
3. Slide the floss in a see-saw motion & form a “C-Shape” around the tooth
4. Move the floss up & down at least 3-4 times