

How to take care of your oral health at home

- Brush 2x per/day for 2 minutes- make sure brushing all surfaces of each tooth
- Spit out but don't rinse away the toothpaste
- Floss once per day before brushing- make sure flossing either side of tooth below gum line
- If you have been prescribed piksters- use appropriate size once daily and/or after meals, make sure to use pikster either side of tooth and upwards motion
- Remember to brush tongue once daily with toothbrush or tongue scraper

If you have bleeding/tender gums or have been diagnosed with a periodontal disease-

- Increase flossing and brushing- minimum 2x per/day
- Rinse mouth out after meals with water
- Use an antibacterial mouth rinse short term- such as Colgate peroxy mouthwash, savacol, curasept gel or other mouthwash
- Warm salty rinses

Remember-

- Piksters – use before brushing and/or after meals can be purchased from Dental Centre Maroochydore (DCM) or your local pharmacy.
- Savacol- can only be used for 2 weeks, 30 mins after brushing. Prolonged use will cause significant staining. Available from DCM, pharmacy or supermarket.
- Curasept gel- pikster and brush teeth, then apply curasept gel with clean pikster through spaces between teeth. Do not rinse mouth after use. Curasept gel can be used for 10 days only. Available from DCM or pharmacy.
- Curasept mouthwash- pikster/floss and brush teeth, rinse with mouthwash 30 mins after brushing. Curasept mouthwash can be used up to 28 days. Available from DCM or pharmacy.
- Remember to make sure you are brushing all surfaces of each tooth and gently massage gums. The harder to reach areas are the teeth that are more likely to trap food/ plaque, make sure you're getting your toothbrush further back in your mouth. Common areas to focus on are insides lower teeth along gumline and cheek side of upper back molars. Remember to half close and shift lower jaw sideways to gain better access.

(Dental Centre Maroochydore is always stocked with all the above products)

If you have any questions in regards to your periodontal disease or oral homecare please to don't hesitate to call so we can address any concerns.