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ORAL HYGIENE INSTRUCTION SHEET

1. TOOTHBRUSHING: always use a soft textured brush since the bristles conform best to the tooth contours

A. Oral B Braun Electric: *Electric toothbrushes are more effective in plaque removal than manual toothbrushes*

1. Push the brush at a 45 degree angle toward the gumline of each tooth (bristles point upward into gumline on upper arch and down into gumline on lower arch). Try to get the bristles into the small space between the tooth and the gum.

B. Manual Toothbrush (Butler Gum Brush)

1. Use same technique as above, except use a controlled vibratory motion for at least 15 seconds in each area of your mouth (upper right, lower right, upper left and lower left; tongue-side, cheek-side, and biting surfaces).

C. End Tuft Brush (if recommended)

1. For use on tongue side of upper and lower front six teeth, or a specific area if instructed.
2. Push the brush with the bevel against the tooth surface using a circular motion. Try to get the bristles into the space between the tooth and the gum.

D. Toothpaste

1. Use any fluoridated toothpaste with the ADA seal of approval, or just a wet toothbrush.

2. DENTAL FLOSS

A. Technique using fingers: *Flossing with fingers is most effective in plaque removal.*

1. Slide the floss between the contacts where adjacent teeth touch. Once past the contact, push the floss against one tooth surface and scrape up and down (do not saw) several times. You should hear a squeak when the surface is clean. Pull the floss against the opposite tooth surface in the same space and scrape up and down approximately again several times and then saw the floss out of the contact.

B. Floss Handle

1. Wrap floss once around the button; follow the groove to the top of the left arm, underneath the notches, and down the other side. Squeeze the prongs together to tighten the floss and wrap around the button several times.
2. Prongs point upward on upper arch and downward on lower arch.
3. Slide the floss between the contacts where adjacent teeth touch. Once past the contact, push the floss against one tooth surface and scrape up and down (do not saw) at least 5 times. You should hear a squeak when the surface is clean. Pull the floss against the opposite tooth surface in the same space and scrape up and down approximately several times and then saw the floss out of the contact.

C. Super Floss:

1. Used best for flossing under bridges, braces, wide spaces and splints.
2. Use the stiff end to thread between the teeth and fuzzy floss to clean.
3. You may need to use floss threaders if you have difficulty threading super floss under a bridge, braces or implant.

D. Floss Threaders

1. Used best for flossing under bridges, braces, wide spaces and splints.
2. Thread the floss through the loop and push the threader with floss in loop under the attached tooth contact. Floss as instructed above. Remember to floss under all false teeth of bridges.

3. INTERPROXIMAL CLEANING (between teeth cleaning)

A. Proxabrush (if recommended)

1. Load brush into handle by pushing the blue latch on the handle up and inserting the wire through the hole. Push latch down until it "snaps" into place. The wire end of the brush will be bent down and held in place by the blue sleeve.
2. Use proxabrush in any space large enough to accommodate it. Push brush in and out several times from the outside cheek side of the tooth and the inside tongue side of the tooth out while pressing brush against the tooth surface.
3. Also may be used under bridges or between splints if space is large enough. Do not force the proxabrush between teeth.
4. Three types of proxa brushes
 - a. Extra fine cylindrical -
for use in smallest spaces
 - b. Extra fine tapered -
very useful in most spaces
 - c. Fine cylindrical -
for use in larger spaces

B. Tooth Pick Holder (if recommended)

1. Begin by inserting round toothpick into handle, about 1/2 to 1 inch of toothpick should stick out of one side. Push toothpick up until it snaps into a small notch at the end of the handle - push up on white ring to lock toothpick into place - break off large side of toothpick sticking out of the opposite end.
2. Use where instructed to polish the tooth surface around the edges of crowns and between teeth.

NOTES

1. You may experience some discomfort and bleeding for the first week. This is normal and will dissipate with continued good oral hygiene.
2. Remember, it is not the toothpaste you use that removes plaque; it is the mechanical action of the oral hygiene tools.
3. Some of these oral hygiene aids may not be available in your drugstore. You may purchase replacements at our office.