

### **Oral Hygiene Instructions:**

- Brush at least twice a day for a minimum of two and a half minutes each time, using a circular motion over the tooth surface.
- Start brushing without toothpaste on lower inside of front teeth for 15-30 seconds. (most toothpastes contain topical anesthetic that numbs the tongue and doesn't allow to detect if the most prone to tarter surface has been properly cleaned.
- Brush with the toothpaste all of the tooth surfaces in the following order:
  1. the inside of the upper and lower for 1 minute
  2. the outside (cheek/lip surfaces) of the upper and lower teeth and biting surfaces for 1 minute..
  3. When brushing the outside of the upper back teeth close your mouth almost all the way and feel the toothbrush getting al the way to the back.
- Brush your tongue or use a tongue scrapper.
- Floss – placing the floss between the teeth and under the gum. Clean both sides of the teeth by pressing to each side forming the letter “C” and moving the floss up and down.
- Rinse with the WATER-PIK, a special irrigating device that removes plaque from between the teeth and also massages the gums.
- For a thorough antibacterial rinse use a saturated baking soda solution or a rinse prescribed by your dentist.
- Use a “Proxa Brush” (a tiny, narrow brush” with toothpaste to clean large spaces between the teeth).
- Plain baking soda used on a wet toothbrush will remove light stains from the teeth.
- Use toothpastes containing fluoride like Colgate or Crest.. We do not have fluoride in the water anymore in Calgary.
- Patients with receded gums, exposed roots are not to use toothpaste for brushing, as it can cause further ditching of the surfaces.
- Brushing with water, mouthwash or baking soda is preferred to help prevent further erosion on the root surfaces.

#### **If teeth are sensitive or prone to decay use either:**

1. MI Paste
2. toothpaste with Novamin
3. high concentration of fluoride.

When using these products just use a small amount apply with finger to tooth surfaces and spit out excess do not rinse with water.

#### **If you suffer from dry mouth syndrome:**

1. Prescription Products
  - Caphasol Rinse
  - Numolsyn Liquid- linseed extract
  - Salagen
  - Evoxac
2. Over-the-counter Products
  - Biotene Dry Mouth Toothpaste/Mouthwash/Gum
  - Biotene PBF Fluoride Toothpaste/Mouthwash
  - Oasis Moisturizing Mouthwash/Mouth Spray
  - Oral Balance Gel (Biotene)
  - GC Dry Mouth Gel
  - OraMoist Dry Mouth Patch
  - Sugar-free lozenges and chewing gum
3. Sipping water  
Sleeping with humidifier

**Periodontal Disease:** Is caused by plaque and has a number of other factors that can increase risk, severity and speed of development of the condition.

- Medication- steroids, some types of anti-epilepsy drugs, cancer therapy drugs, some heart medications and many others reduce saliva flow causing the condition called Xerostomia (dry mouth). This makes the gums very easily inflamed.
- Pregnancy or the uses of oral contraceptives increase certain hormone levels, which can cause the gum tissues to react more severely to toxins in the plaque and accelerate growth of certain bacteria. The gums are more likely to become red, tender, swollen and bleed easily.
- Poor diet may cause periodontal disease to progress more rapidly or increase the severity of the condition. An unbalanced diet makes mouth tissues less resistant to infection.
- Poorly fitting bridges, badly aligned teeth, defective filling can contribute to plaque retention and consequently to the bone supporting the teeth.
- Habits such as clenching and grinding the teeth may also accelerate the rate of supporting bone loss.
- Physical and chemical irritants such as food impacted between the teeth can damage your gums. People who smoke or chew tobacco are more likely to have gum disease.

One of the most common dental problems of our times is periodontal disease (gum disease). More than half of all people over the age 18 have some degree of periodontal disease and occasionally even young children can be affected.

### **Signs of Periodontal Disease:**

#### **Early**

1. puffy, red and swollen gums
2. bleeding gums when brushing and flossing
3. bad breath and/or bad taste
4. vague sensitivity, aching or itching in the gums.

#### **Advanced**

5. longer looking teeth
6. spaces, that begin to appear between the teeth
7. the condition progresses far enough, teeth become loose and you loose the under lining bone and you can loose teeth.

Periodontal disease is a contagious infectious process and is caused by dental plaque- the sticky colorless film of bacteria, food debris, and saliva that constantly is forming on the teeth. These bacteria create toxins (poisons) which irritate the gums and break down the attachment of gum tissues to the teeth. Over a period of time these toxins can destroy gum tissues allowing the infection to progress to underlying bone. When sufficient bone has been lost, the tooth loosens, that it either falls out or must be extracted.

In addition, plaque that is not removed combines with other materials and hardens into a rough porous deposit called calculus (tarter).

Calculus especially below the gums makes removal of new plaque and bacteria more difficult or impossible.

Proper oral hygiene and periodic dental check-ups and any necessary treatment should prevent this serious disease that sometimes does not get enough attention.

Just remember that periodontal disease just doesn't stop at the mouth, it can affect and be connected to other health issues examples are diabetes, coronary heart disease, and it can lead to premature term.