



BENNETTS END

Oral Health Aftercare Instructions

Prevention is always better than cure. If you visit your dentist regularly, you will need less and your dentist will spot any problems earlier. It will also be easier to put these problems right.

1. It is easy to get your mouth clean and healthy, and keep it that way. A simple routine of brushing and cleaning between the teeth, good eating habits and regular dental check-ups can help prevent most dental problems.
Although most people brush regularly, many don't clean between their teeth and some people don't have dental check-ups. A few small changes in your daily routine can make a big difference in the long run.
Your dentist or dental hygienist can remove any build-up on your teeth and treat any gum disease that has already appeared. But daily dental care is up to you, and the main weapons are the toothbrush and interdental cleaning. (Cleaning between the teeth).
2. It is important to remove plaque and food debris from around your teeth, as this will stop your gums from swelling and becoming infected. If you leave plaque on your teeth it can develop into tartar, which can only be removed by the dentist or hygienist. It is important to keep up your regular appointments so that your teeth can have a thorough cleaning if they need it.
3. The last word:
Good dental health begins with you. By following this simple routine, you can keep your mouth clean and healthy:
 - Brush your teeth twice a day using fluoride toothpaste.
 - Have sugary drinks and snacks less often.
 - Use a small to medium size toothbrush.
 - Use a toothbrush with soft to medium multi-tufted, round-ended nylon bristles.
 - Use a pea-sized amount of toothpaste.
 - Use small circular movements to clean your teeth.
 - Change your toothbrush regularly.
 - Clean between your teeth using dental floss or wood sticks.
 - Visit your dentist at least once a year.
 - Look out for products with the British Dental Health Foundation logo.

Enjoy your new smile and give us a call if you have any questions