

What is the ideal daily routine for oral hygiene? - Smile Solutions

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and at night (before bed) to get the best results from your brushing . What about flossing? As we've seen, brushing alone does not clean in between your teeth, so there is always one surface of each tooth that is not being cleaned – unless you floss. Compared with brushing alone, the use of dental floss is proven to remove up to 80 per cent more plaque from between the teeth when used as part of your daily oral hygiene routine. Like brushing , flossing should be completed every day as an integral part of the oral hygiene routine. However, unlike brushing , just once a day is sufficient. It's important that you have control over the floss as you use it; otherwise substantial damage can be done to your gums. Gripping the floss between the thumb and bent forefinger, slowly work the floss between two teeth with a gentle sawing motion. Never snap or force the floss in. As with brushing , start in the same place each time you floss (the rear molars are a good place to begin). Gently scrape the floss around the tooth, going up into the gum line until you meet resistance. Work systematically in a C shape around each tooth. Using your fingers like spools, unwind a clean section of floss from the hand with unused floss, and wind the used portion onto the other finger. Move on to the next space. Continue all the way around your mouth, using the same technique. Regular flossing combined with brushing reduces bleeding by 67 per cent as it assists with cleaning these areas and hence reduces any inflammation of the gums. Along with these simple oral hygiene routines that you can adopt at home, it is recommended that you visit a dental professional for regular cleaning and checkups every six months to achieve optimum oral hygiene. Articles from Isabelle Sayers View Blogs All Isabelle Sayers 23 Jun 2016 What are the causes of toothache and what are their symptoms? 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