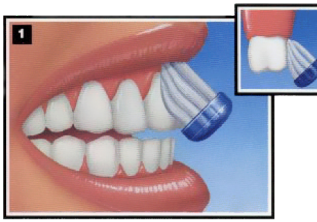
Dear patient,

please read carefully!

During today's visit to our clinic you had a professional cleaning and a periodontal screening test. To keep the results, we recommend:

Brushing technique

1. Place the toothbrush where the teeth meet the gums, at a 45-degree angle (the bristles should touch both the gums and the tooth surface). Make 3–4 strokes with gentle pressure for each group of teeth.



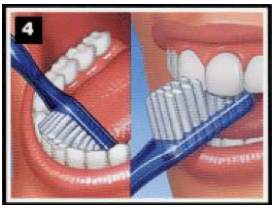
2. Then hold the brush parallel to the gums and make 8–10 strokes from the gum towards the edge of the teeth, for each tooth, on the front and on the back.



3. Place the brush on the chewing surfaces of the teeth and brush back and forth and in small circles.



4. Proper brushing takes about 3–5 minutes, following these steps.





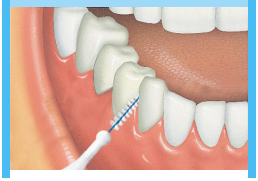
BRUSHING IS THE MOST IMPORTANT WAY TO PREVENT PROBLEMS!

office dent

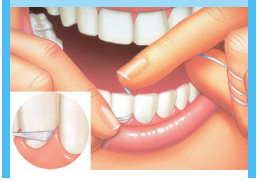
A toothbrush cleans only half of the tooth surfaces (the front and the back). The spaces between the teeth need special attention, because decay and gum (periodontal) disease start there too.

To clean between your teeth as well, use the interdental cleaning aids your dentist recommends:

Interdental brush



Dental floss



Water flosser



For healthy gums:

- Try not to smoke!
- Your daily diet should include fruit and green vegetables, for enough vitamin C.
- Have check-ups and professional cleanings as often as the maintenance programme your dentist recommends.
- If your gums are slightly inflamed, brush at least twice a day as your dentist advises.
- Choose the right toothbrush together with your dentist, and alternate manual and electric brushing.
- Use the toothpastes your dentist recommends.
- Use interdental brushes sized for the spaces between your teeth, together with dental floss and a water flosser.
- Follow your dentist's advice on mouthwash and how to use it.
- If your gums bleed, recede or are swollen, see a periodontist for an assessment.

We recommend

Joining the Maintenance programme, designed especially for you:

- depending on your bacterial load and your other risk factors, you will know how often you need a cleaning and a check-up.
- it is always easier, both biologically and financially, to find and treat dental lesions and gum disease at an early stage.