

Oral Hygiene Instruction and Product Use



This is a comprehensive list of the products we recommend at Branford Dental Care. Your Hygienist has circled the products that would be best for you personally.

Oral B Electric Toothbrush

The most important step to our oral hygiene routine is to **brush twice a day for 2 minutes** each time. At Branford Dental Care we recommend **electric toothbrushes** to all our patients. Electric toothbrushes do a lot of the work for us! They spin and vibrate to remove plaque and debris from under the gums and around the teeth while preventing us from scrubbing too hard and injuring the gums.

Floss

It is very important to **floss every night prior to brushing our teeth**. Flossing removes bacteria between the teeth and under the gums. There are many floss options including waxed or glide- the type you use is personal preference. You want to **wrap each tooth in a C-shape** and bring the floss up and down along each side of each tooth.

Toothpaste

Most importantly, you want to make sure your **toothpaste** has **fluoride** in it. Fluoride strengthens the tooth structure to help prevent bacteria from penetrating the surface.

1. For heavy **bleeding gums** or periodontal disease - **Paradontax or Gum Detoxify**
2. For generalized **sensitivity- Sensodyne** (*without whitening*)
 - a. Whitening products have the potential to cause temporary sensitivity
3. For frequent **cavities**- Our **prescription** paste **Clinpro 5000**
 - a. INSTRUCTIONS FOR USE: brush for 2 minutes, spit out paste, **DO NOT rinse for 30 min after use**. The longer it sits on your teeth the better it works for you.
 - b. *Cannot be used in patients who are pregnant or breastfeeding*

Cordless Waterpik Advanced Water Flosser- Model #WP-580

The waterpik is an adjunct to brushing and flossing. The waterpik sprays water along the gum line helping to remove the bacteria that causes gum disease. We recommend this product for people who have crowns/bridges/implants or who have periodontal disease. This product is portable and waterproof (recommended to use in the shower). It is important to also continue the use of string floss.

Demo video can be found on Youtube with search "How to Use the Waterpik Cordless Advanced Water Flosser WP-580"