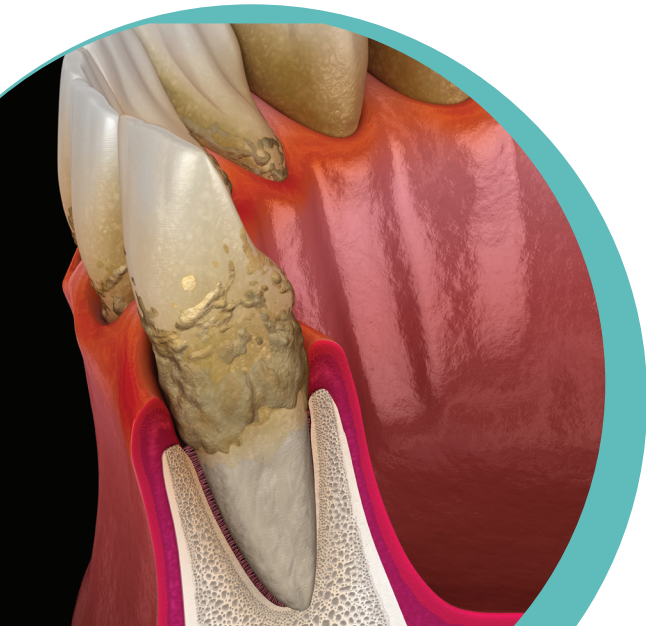




Why is Good Oral Hygiene Important?

Periodontal disease is the major cause of tooth loss in adults. Daily brushing and flossing help prevent periodontal disease. Visiting a periodontist regularly to have your teeth professionally cleaned and to screen for signs of periodontal disease also helps keep your oral hygiene at its best.



Periodontists: Specialists in Periodontal Disease Care

Periodontists are dentists who specialize in the prevention, diagnosis, and treatment of periodontal disease, and in the surgical placement of dental implants.

With three additional years of training, periodontists have mastered the therapeutic and surgical skills necessary to provide predictable and successful periodontal disease management.



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How to Brush and Floss

The Benefits of Keeping Teeth and Gums Healthy



Sample

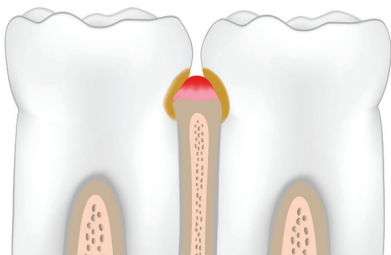


What is Plaque?

The main cause of periodontal disease and tooth decay is bacterial plaque. Plaque is a sticky, colorless film that forms on your teeth and gums. By removing plaque through daily brushing and flossing, you can help prevent cavities, tooth decay, and periodontal disease.

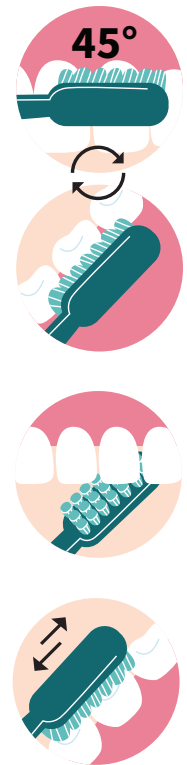
Why Do I Need to Floss?

Periodontal disease occurs primarily between the teeth where a toothbrush can't reach. Flossing is a very effective way to clean plaque from those surfaces. Ask your periodontist to show you how to floss comfortably and correctly if you're having trouble.



How to Effectively Brush Your Teeth

- Brush your teeth twice a day for two minutes each time.
- Use a soft-bristled or electric toothbrush to reach every surface of each tooth. Replace your toothbrush when the bristles are bent or frayed, or every three to four months.
- Starting with the outer surfaces of your teeth, position the brush at a 45-degree angle where your gums and teeth meet. Gently move the brush in a circular motion several times using short, gentle strokes. Apply light pressure to get the bristles between the teeth, but do not use so much pressure that you feel discomfort.
- After cleaning the outside surfaces of your teeth, use the same method on the inner surfaces. Move the brush in short, gentle, but firm strokes, keeping it angled against the gumline.
- To clean the chewing surfaces of your teeth, use short back and forth, gentle strokes. Change the position of the brush as often as necessary to reach and clean all tooth surfaces where food can easily get trapped. After brushing, rinse vigorously to remove loosened plaque.



Sample

How to *floss*

- Begin with a piece of floss about 18 inches long. Lightly wrap most of the floss around your middle fingers, leaving about two inches of floss to work with between the fingers.
- While holding the floss tightly between the thumb and index fingers, gently insert the floss between the teeth, using a back-and-forth motion. Do not force the floss or snap it into place.
- Curve the floss into a C-shape against each tooth and slide it into the space between the gum and tooth until you feel light resistance. Using both hands, move the floss up and down on each side of every tooth

