

CASTLE DENTAL CARE  
We'll take care of you

**Our Mission Statement:**

*“Our aim is to deliver  
the highest standard  
of care in a  
comfortable and  
friendly  
environment.”*



Leaflet Reviewed and Revised 11/12/14

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Opening Hours

Monday 9am - 5.30 pm  
Tuesday 9am - 5.30pm  
Wednesday 8.30am - 5.00pm  
Thursday 8.30am - 5.00pm  
Friday 8.30am - 4.30 pm

Wheelchair access available



# Oral Hygiene Instruction



## Why do we need to brush our teeth?

Tooth brushing is carried out to remove the sticky bacteria that form a harmful film on the teeth. This is called Dental Plaque. Dental plaque causes Gum Disease, which is one of the most common diseases in the world. Plaque also produces acids which attack the surface enamel causing decay.

## How do we brush our teeth?

Place the toothbrush head where the tooth meets the gum at a 45 degree angle. Start at one side of the mouth and carefully brush round to the other side using gentle circular or small side to side strokes. Do not scrub hard as this will damage the teeth and gums. Use this technique on the outer surfaces near the cheek and the inner surfaces near the tongue and the palate. Finish by brushing the chewing surfaces.

Use a fluoride toothpaste as fluoride strengthens the enamel against tooth decay.



**Remember!**  
**Spit out excess**  
**toothpaste**  
**Don't Rinse**

## What type of toothbrush is best?



When buying a toothbrush choose a small-headed medium texture brush that has a comfortable handle to grip. This will need changing every three months. If you prefer an electric brush follow the manufacturers instructions and change the head every three months.

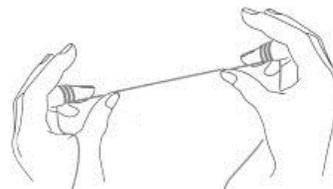
## What else can I use to clean my teeth?

Dental floss is a special thread that is used for cleaning in between the teeth. Tape is wider than floss and most people find it easier to use.

Interdental brushes are small brushes that clean between the teeth especially if the gaps are wide.

## Dental Tape and Floss

1. Take about 18 inches or 50cm of floss and loosely wrap most of it around each middle finger, leaving around 5—6 cm of floss in between.
2. With your thumbs and index fingers holding the floss taut, gently slide it down between the teeth, while being careful not to snap it down onto your gums.
3. Curve the floss around each tooth in a 'C' shape and gently move it up and down the sides of each tooth, including under the gum line.



## Interdental Brushes

1. Select an interdental brush suitable for the size of interdental space.
2. Insert the dry brush horizontally into the space and carefully move it forwards and backwards 3 or 4 times.
3. Carry on around the mouth until all the spaces are clean.
4. Rinse mouth with clean water to remove the debris.

Sometimes the gums may bleed when you floss, or use interdental brushes this is perfectly normal to begin with. Persevere and the bleeding will stop as your gums become healthier.



## Should I use a mouthwash?

A mouthwash is perfectly alright to use after brushing. Although it can rinse away the fluoride from your toothpaste. It must contain fluoride to prevent cavities. Avoid strong mouthwashes that generally have a high alcohol content.

**Mouthwash is not a substitute for brushing or flossing.**

