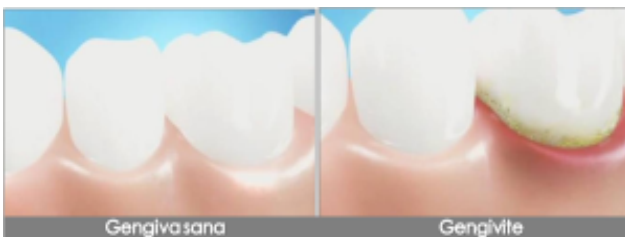


DENTAL HYGIENE

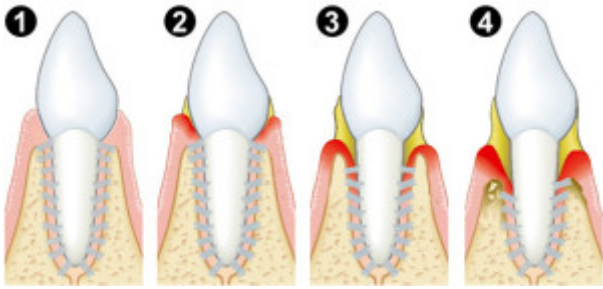
Constantly forms on teeth plaque, which is the main cause of tooth decay and gum disease. The plaque is a yellowish-white film composed of bacteria and food debris, which attacks mainly in the spaces between teeth and near the gingiva. If to remove plaque and food particles from the surface of the teeth is sufficient to use a toothbrush to clean between the tooth and the tooth is necessary to use dental floss.



When you do not clean regularly with brushing and flossing, plaque hardens to form tartar. Plaque and tartar is not removed can irritate and inflame the gums. This is the initial stage of gum disease and reversible (**GINGIVITIS**).



If gingivitis is not treated it can cause irreversible damage by destroying the bone support (**Periodontitis**) with possible loss of teeth.



HOW TO USE THE BRUSH

To maintain healthy teeth and gums, it is important to brush your teeth after every meal, with greater attention in the evening before bedtime. Normally the toothbrush should have soft bristles and rounded and not be too large, so you can easily reach all the surfaces of the teeth. Toothbrushes consumed in addition to not allow a 'proper hygiene, they can damage the gums; toothbrush so it should be changed every 2/3 months or when the bristles are worn or bent. For special requirements, your dentist may recommend a brush suitable for the specific case. The use of a toothpaste containing fluoride helps protect teeth from decay.

It 'important to brush your teeth gently: too energetic movements, toothbrushes with bristles or consumed too hard can cause gum irritation and ABRASIONS DENTAL.

Here are the steps to follow to properly use the brush

- Place the brush at an angle of 45 ° with respect to the gum
- Move the brush back and delicatamente mindietro with short movements in order to clean one tooth at a time, brushing the external and internal surfaces of the teeth
- Use the tip of the brush to clean the inner surface of the front teeth with a gentle motion from top to bottom to the top and from the bottom up to the lower.
- Brush the chewing surfaces of the back teeth with a back and forth motion. Brush your tongue to remove bacteria and freshen breath.
- The toothbrush removes plaque from the outer surface of the teeth, but did not arrive in the area between the tooth and the tooth: this can be done with dental floss.

HOW TO USE THE FLOSS

Flossing is essential to prevent tooth decay and gum disease, which often start right from the area between the tooth and the tooth.

Here are the steps to follow to correctly use dental floss:

- Cut about 50 cm of dental floss and wrap an the two ends around each middle finger. On one of the fingers will scroll the wire hand in hand that will become dirty. Hold the thread taut between the thumbs and forefingers. Guide the floss between your teeth gently rubbing. To avoid injuring your gums, do not force the wire against them.
- When the wire reaches the gingival curve, bend it in the shape of “C” toward the tooth. Gently slide it into the space between the gum and the tooth, then rub the side of the tooth away from the gum.
- Repeat this procedure for each tooth, not to mention the back of the last tooth

To understand what are the areas where plaque builds up and to check the correct flossing and brushing, the tablets can be useful detector of plaque. Dissolution in the mouth, the tablet Detector plaque colors more clearly the points where there is a greater accumulation of plaque, indicating where it is useful to insist on cleaning.

In cases where there is difficulty in moving the floss, or are no bridges, implants or braces, may be useful to the use of interdental brushes or special wire with a rigid wall which facilitates its insertion into the areas to be clean. The interdental brushes are used, inserting and sliding between the tooth and the tooth next to the gum with delicate movements. And 'advisable to use the interdental brush before the brush, so that the spaces between the teeth free from plaque and food debris can get the toothpaste. Never use the interdental brush with toothpaste so as not to give rise to abrasion.