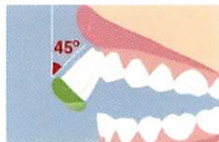


### BRUSH AT LEAST 3 TIMES A DAY

Bacteria in dental plaque are able to re-establish in only 8-10 hours!



- Brush for at least 2 minutes each time
- Angle bristles 45 degrees to gum-line
- Use gentle circular motion- don't scrub
- Soft bristles only
- Electric toothbrush is encouraged

### REMOVE PLAQUE BETWEEN TEETH DAILY

Brushing removes *only half* of the plaque. Daily inter-dental cleaning is essential to total oral health!



- Use floss or dental tape and proxy brushes
- Use the c- shape and "shoe-shine" technique
- Super-floss under/ around all implants and bridges

### STIMULATE GUMS DAILY

Your gums need exercise too. Daily stimulation will make them more resistant to bacterial invasion!



- Toothpick 3-4 times in each space
- End by tracing along the gum-line of each tooth
- Use wooden toothpicks and perio aids
- Diamond brand is our favorite

### EXTRA CREDIT

Do these things to go above and beyond ;)



- Antimicrobial mouth-rinse daily
- Fluoride mouth-rinse/ Rx toothpaste daily
- Dip proxy brushes in antimicrobial rinse before using
- Use of water flosser daily (not a substitute for floss and proxy brushes)



Oral Prevent Soft Smart Grip Brushes

Wire 0 (mm)	0.45	0.5	0.6	0.7	0.8	1.1
ISO size	1	2	3	4	5	6
Color	White	Yellow	Red	Blue	Green	Black

- These brushes can be used in areas where food gets trapped between your teeth.
- Brushes can be dipped in an antimicrobial rinse before use.
- Easily ordered online or check your local store.

Poulos, Somers & Marshall    [www.poulosandsomers.com](http://www.poulosandsomers.com)    (303) 832-GUMS