

# The Lady

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## Keep Your Smile Healthy



It can be easy to neglect dental hygiene - but as these tips from Professor Andrew Eder of the London Tooth Wear Centre show, it's just as easy to keep your teeth in prime condition

### 1. See your dentist regularly

Make sure you go at least once a year for your regular dental checks.

### 2. Be observant

Always ask your dentist to also check your tongue and soft tissues as they can be the first to spot oral cancers. Also keep vigilant for any changes in your mouth that could mean something isn't quite right.

### 3. Brush!

Try and brush twice a day with fluoridated toothpaste, with either a manual or electric toothbrush – it's the technique that's important rather than the make of brush.

### 4. Keep clean

It's important you visit your hygienist for supportive hygiene therapy every 3-6 months.

### 5. Get flossing

Important to also clean between your teeth daily with floss or small brushes as advised by your dental professional

### 6. Don't be tempted

Avoid using any commercial or internet based whitening products which are wither abrasive or acidic.

### 7. Rinse

If you have a history of decay or many fillings and/or crowns, it would also be sensible to use a daily fluoride mouthrinse

### 8. Avoid sugary or acidic foods

Try and avoid sugary or acidic foods and drinks as these can cause tooth decay and/or enamel erosion - try not to eat too many pieces of acidic fruit in one day or drink too much alcohol. Eating small pieces of cheese after a big meal is a good way in neutralizing acid remaining on the teeth.

### 9. Be guarded...

If you have jaw joint problems or grind your teeth, ask your dentist about the best sort of mouthguard to wear at night

### 10. Don't be afraid

Always feel free to ask your dentist for a specialist referral for any complex problems

## Professor Eder recommends...

'These are the basic products that I'd personally recommend if you want to keep your teeth in top condition. If you are unsure about the products you should be using, consult your dentist.'



### TOOTHBRUSHES

- I recommend a small-headed, soft toothbrush. If you want an electric brush, either Braun/Oral B oscillating rotating brushes or Sonicare are effective.
- If you prefer manual brushing, Sensodyne 3.5 is ideal.

### TOOTH PASTE

- I would recommend a Fluoride toothpaste with at least 1400ppm Fluoride (listed under active ingredients) such as Colgate Total Advanced or Oral B Pro Expert. I would not recommend a whitening toothpaste - they are too abrasive and regular visits to the

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- hygienist will remove staining anyway.
- If tooth wear is of concern, Sensodyne Pronamel is excellent. If sensitivity is bothering you, a desensitising tooth paste is always recommended, such as Colgate Sensitive Relief which gives instant results.
- If you suffer from gum disease, Corsodyl Daily toothpaste contains Fluoride at the optimum level as well as an active ingredient known to inhibit plaque formation. It's a good idea however to alternate it with a desensitising tooth paste.

#### FLOSS

- We recommend a slightly more substantial floss, but one which won't snag, such as Oral B Ultrafloss or GUM expanding floss as they remove plaque more efficiently. For very tight contact points, Crest Glide tape is effective.

#### INTERDENTAL BRUSHES

- TePe interdental brushes are good as they don't damage teeth, but can be very robust if used correctly.
- Curaprox also have a good selection of sizes for use on longer handles (bought separately) which can make access easier in some situations.

#### MOUThRINSE

- We recommend an alcohol-free fluoride mouthrinse for daily use, at a different time to toothbrushing such as Fluorigard (green) or Oral B.
- For those with gum disease then Peroxyl can be helpful. Although it is very popular, we would not recommend the original Corsodyl mouthwash for long term use, as it stains the teeth brown and it's effect is decreased. Bioextra is an excellent range for those with a dry feeling mouth.

- *To find out more about the London Tooth Wear Centre visit [www.restorative-dentistry.co.uk](http://www.restorative-dentistry.co.uk)*

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- Offers
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