



• **MASCOT** •

A CARING APPROACH TO YOUR DENTAL HEALTH

DAILY Oral Hygiene:

1. Soft tooth brushing 2x daily – when you wake up, and before you go to sleep.
2. Toothpaste – GelKam – available at pharmacy
3. Interdental Cleaning: Flossing/interproximal brush – make sure you're cleaning the 'sides' of teeth not in between teeth – at least once in the shower, preferably twice a day before night time brushing.
4. Use Colgate Perioguard gel – once a week at night, after brushing, brush gel everywhere on all teeth and gum area, tongue, hold for 1 minute, spit out as much as possible, no rinsing or drink or eating, go to sleep for an overnight treatment.

QUIT SMOKING – or at least no smoking 3 hours before sleep.

Drink plenty of water daily.

Try SUGAR FREE lozenges after meals to produce more saliva – e.g. Extra

HOME WORK: keep a diet diary for 2 working days and 1 weekend of anything that enters your mouth and what time – including oral hygiene practice.

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