

Oral Hygiene Review

- ❖ Brushing needs to be 3-4x a day- we want to minimize plaque/food/bacteria from collecting and sitting on the teeth and near the gum-line. **Lots of plaque = High risk for Cavities, Gingivitis (gum disease), and White scars (demineralization).**
- ❖ Flossing needs to be completed at least once a day; preferably at night time. **When you are not flossing you are missing almost half (35%-40%) of your tooth!** Waterpiks are a great adjunctive aid, but DO NOT replace flossing.

