**BRUSH UP WITH OUR TEETH TIPS!**

**What is the best toothbrush to use?**

**Your toothbrush should be easy to hold and efficient to use! Look for a long, wide handle with a proper sized head for your specific mouth. Make sure your toothbrush head reaches all areas of your mouth with ease! MOST IMPORTANTLY, be sure to use a SOFT bristle brush!! Debris should ideally be removed BEFORE it dries and hardens up on your teeth so know that the soft bristles are best for your gums and WILL clean adequately if you brush twice per day as recommended!**

**When should I replace my toothbrush?**

**Once a brush is frayed, it is much less effective and may even cause discomfort to your gums. We recommend that you change toothbrushes or toothbrush heads (even if using an electric brush) every 3-4 months …. or after an illness!**

**What is the best toothpaste to use?**

**Toothpaste with fluoride will help fight cavities and plaque. Also, always make sure your brand bears the American Dental Association seal of approval, which means that’s its effectiveness and safety have been tested!**

**Can I skip the floss and use a Water Flosser?**

**Flossing removes plaque and debris from between the teeth, but MORE IMPORTANTLY, it removed the debris that sticks to the sides of your teeth and roots BLOW THE GUMLINE if done properly. This is necessary to prevent gum and bone disease that causes early loss of teeth! Water flossers will flush or rinse the areas, but will not swipe the debris like floss does once it is stuck to the teeth! It is a great tool to use for flushing around orthodontic appliances, however, it is not a replacement for dental floss!!**

**\*The tips above will help you take care of your smile and its foundation! Keep up with regular hygiene visits and let your Dentist check your teeth, gums, bone levels, and soft tissue for signs of oral cancer at each visit!!**

**Yours in Oral Health,**

**The team of Lake District Family Dentistry**