

Dental Hygiene Newsletter

Burnham Dental Practice



Importance of Dental Hygiene

One of the leading causes of tooth loss is poor oral hygiene. The mere presence of plaque and tartar is enough to irritate our gums and cause gum inflammation and bleeding. If this is left untreated it can lead to more serious form of gum disease. It is therefore important to maintain oral hygiene to prevent the formation of these gum irritants. This is where dental hygienists can help you in providing a preventive dental health approach.

Why do we need to see a Dental Hygienist regularly?

However good we are in maintaining oral hygiene, it is sometimes not practically possible to reach certain areas in our mouth with all the cleaning aids. These are the places where tartar can form and need a professional hand in cleaning.

It is advised to see your Dental Hygienist once every 6 months. In your appointment, we assess your gum health and carry out teeth cleaning with ultrasonic devices and dental hand instruments followed by polishing.

There are a lot of dental cleaning aids available over the counter. Whilst we can appreciate the variety of collection, it gets very confusing to choose the correct one that suits us. Every person's mouth is different and clearly one brush cannot do the job for all. The hygienist can help you with a more customized approach best suited to your oral hygiene.

The British Society Of Periodontology states that “ more than 45 % of adults in the UK are affected by gum disease - Even at its most mild level, it can affect your quality of life”



Maintaining Oral Hygiene

We all brush our teeth everyday. But the right brushing technique is the trick for a clean mouth.

Brush twice daily, once in the night and once anytime during the day. Use fluoridated toothpaste (a pea sized amount on the brush). Do not rinse your mouth after brushing as this can remove the fluoride layer formed over the teeth. Use soft to medium bristled toothbrush as hard bristles can damage your teeth and gums.

Brushing technique: Hold your brush at 45 degrees with bristles pointing to the gums for the upper and lower side and back teeth. Give short vibratory motions and end with an upward sweep. For the front teeth, hold the brush vertically.

Use interdental brushes or dental floss to clean between your teeth. A hygienist can help in selecting the correct size interdental brush for you, as they are available in various sizes and colors.

Mouthwash is proven to aid not only in removing bad breath but also in controlling gum diseases. Ask your hygienist for advice on how to use a mouthwash.

A good diet goes hand in hand with good oral hygiene. We are what we eat. Studies have shown that the lower the sugar and alcohol intake is the better the oral health will be.

Smoking can weaken our body's ability to fight the germs thus delaying the healing of gums progressing the gum disease.

Make regular visits to your Hygienist or Dentist.

Covid 19

This pandemic has put us all in a difficult situation causing significant changes worldwide and dentistry is no exception.

Due to Covid we are unable to use ultrasonic scalers (machines that generate aerosols), but teeth cleaning is done using specifically designed, equally effective hand instruments. Though we are not performing any air-polishing procedures at the moment, we continue to use prophylactic pastes for polishing.

Healthy gums;
Happy you.

