

**THIS  
is  
your  
90%!**

The major cause of periodontal disease (Pyorrhoea) and tooth decay is invisible bacterial plaque, a sticky transparent combination of bacteria, saliva and food debris. Plaque is constantly forming in the mouth, and if allowed to remain on the teeth will harden into calculus (tartar), which can be removed only by a dentist or dental hygienist. This same bacterial plaque can cause cavities, irritated gums, bleeding, bad breath, bad taste, and eventually destroy the bone supporting your teeth.

The purpose of oral home care is to remove bacterial plaque and food debris. Because sucrose (ordinary sugar) favors the formation of plaque, the frequent use of sucrose-containing foods should be avoided. Even if no food is eaten, bacterial plaque forms around the necks of the teeth where the gums and teeth meet, and must be removed every day. Once a dentist has removed all plaque and calculus, most individuals can minimize plaque accumulation through regular oral self-care.

#### ***TO DISCOVER BACTERIAL PLAQUE***

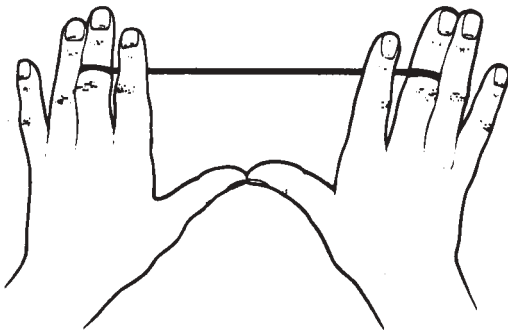
For effective cleansing of the entire mouth, it is important to know the areas where bacterial plaque is most likely to persist. The easiest way to do this is to stain the plaque so that it can be seen.

Chew and dissolve a disclosing tablet, swishing it vigorously around with your teeth for 60 seconds. With your tongue rub the solution against the insides and outsides of all your teeth. Swallow this harmless solution and then rinse once with plain water.

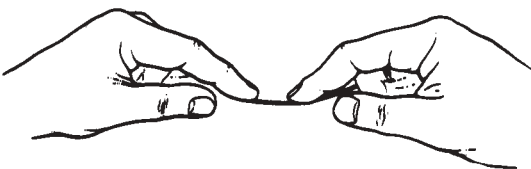
Temporarily and harmlessly it colors the bacterial plaque on your teeth. Inspect your teeth in a well lighted mirror; the stained areas on your teeth indicate harmful bacterial plaque which must be removed. Use this tablet in the evening because it is possible that your tongue and cheek will remain stained for an hour.

**An Illustrated Pamphlet Explaining  
The Effective Control of Dental Diseases**

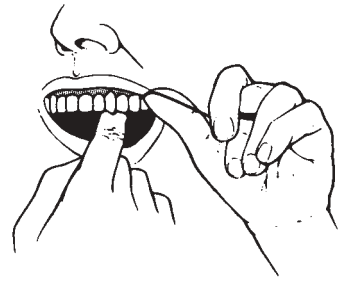
One of the most important steps in cleaning teeth is the daily use of dental floss. By the very nature of its construction, even the most probing brush cannot clean the spaces between the teeth, which are built-in sanctuaries for plaque and food debris. Plaque on these "in between" surfaces can best be removed with dental floss. One technique of using floss is to cut the floss to a length of 24 inches. Wrap each end around the middle finger of each hand.



When cleaning the lower teeth, the two index fingers (1 inch apart) guide the floss between the teeth. When cleaning the upper teeth, the floss is guided between the teeth with the aid of the thumb and index finger. (The right thumb for the right side and the left thumb for the left side.)

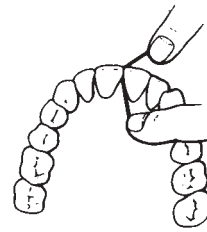


*Holding floss for lower teeth.*



*Thumb to the outside for the upper teeth.*

The floss is "sawed" back and forth at the contact area of two adjacent teeth until the dental floss passes gently into the space between the teeth. The floss should not be snapped into the gum tissue. Carry the floss under the gum until you feel definite resistance

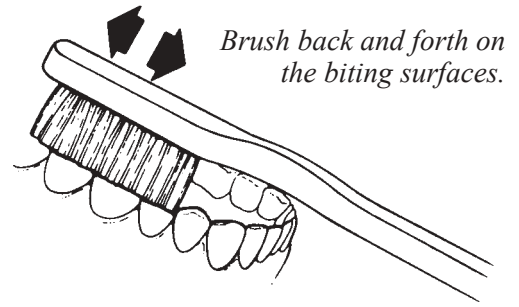


*Wrap it around the side of one tooth*

without discomfort; wrap it around the side of one tooth and then move it up and down three times. Both tooth surfaces facing the space must be cleaned individually. When the floss becomes frayed, a turn from one middle finger to the other brings up a fresh section. At first, flossing may be awkward and slow, but continued practice will increase skill and effectiveness

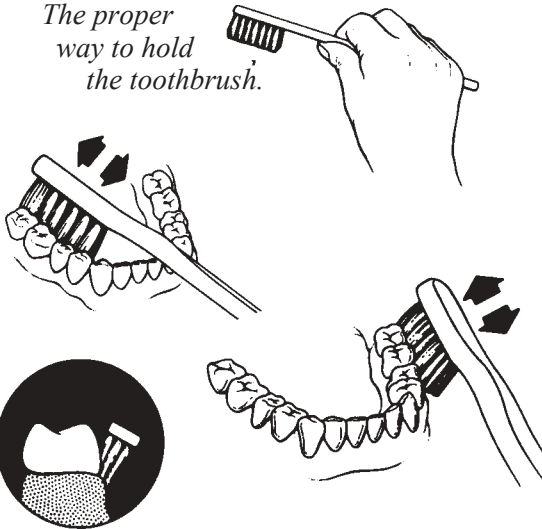
## **BRUSHING**

To effectively remove plaque, toothbrushing must be very thorough and reach all surfaces of the tooth above the gums. A polished bristle, soft nylon multitufted toothbrush should be used, with a small amount of toothpaste. It is applied at a 45° angle; the ends of the bristles must reach into the area where the teeth and gums meet. Then the brush is moved back and forth (scrubbing) with short careful strokes. Brush gently, but with enough pressure so that you feel pressure on the gums. Clean each section of your mouth, over-lapping slightly until all traces of the disclosing dye are removed.



To eliminate an additional source of bacterial plaque, scrupulous brushing of the tongue surfaces is recommended.

*The proper way to hold the toothbrush.*



For the outside surfaces of all teeth and the inside surfaces of the back teeth, position the brush at a 45° angle, where the teeth and gums meet, and brush back and forth.



For the inside surfaces of the upper and lower front teeth, the brush may be held vertically.

## **RINSING**

After cleaning all teeth, rinse your mouth by forcing water vigorously back and forth between the teeth.

## **REINSPECTION**

After flossing and brushing your teeth, reexamine them carefully. The stain remaining indicates areas where your teeth are not completely clean, and all stains must now be removed.

***NO ONE CAN DO IT FOR YOU!  
THE SUCCESS OF THIS TREATMENT  
RESTS IN YOUR HANDS!  
THIS IS YOUR 90% !!***

It is essential that you be scrupulous about your oral hygiene regime. You must floss and brush once a day to prevent the recurrence of dental disease.

To be successful, periodontal treatment and restorative dentistry, regardless of how skillfully performed, must be accompanied by an effective daily home care program. You are the co-therapist and the success of the treatment rests solely with you. Again, this is your 90%.

