

## Preventive Dentistry

**Through preventive advice and treatment, our aim is to help our patients achieve and maintain optimum oral health.**

With a little effort each day and regular visits to our Dental Hygienist, your oral health can be kept at its best. This gives you the opportunity to keep your natural teeth functioning for life. Effective oral care begins at home and a dedicated approach to the necessary routine is essential. Fortunately, with practise this routine is quite simple.

Your two-step daily routine should include:

**Brushing** – You should brush your teeth at least twice a day using a soft bristled toothbrush and a fluoride toothpaste. Be sure to brush using a gentle action. Circular strokes are best with a steady but not forceful hand. Be sure to brush the area where the gum meets the tooth to remove any accumulated plaque that may have developed at the gum-line. This plaque can contribute to gum disease so it must be removed.

**Flossing** – Flossing should be completed at least once a day and this must be done effectively but gently. The main role of flossing is to remove plaque and food debris from between the teeth and just under the gum-line. These areas must be cleaned as an accumulation of plaque can result in inflamed gums and decay between your teeth.

The role of a Dental Hygienist - Dental Hygienists are registered dental health professionals and are in dental facilities throughout Australia. Dental Hygienists are primarily concerned with the prevention and control of oral diseases through patient instruction, advice and treatment.

Our Dental Hygienists Genevieve, Wendy and Di have postgraduate training and expertise in the management of periodontal (gum) disease and the prevention of dental decay and tooth wear. Our Hygienists will play an important role in your treatment to assist you in keeping your teeth for life.

Dr Ralph Kelsey will confer closely with our Dental Hygienists when prescribing individual treatment for your care. It is our combined commitment that will provide you with the best dentistry has to offer.

Some news on gum disease - Not only is it important to remove plaque to avoid tooth decay, but it is essential for a more disastrous reason – gum disease. Gum disease is known to be the main cause of tooth loss in adults. Your gum and underlying bone structure support your teeth. If the gums become inflamed and the bone infected, this tooth support may be damaged permanently. The result is loose teeth that may eventually require removal.

Avoiding gum disease is easy if you follow an effective daily routine of brushing and flossing. If you have any concerns about the health of your teeth and gums then you should contact our office immediately for attention.

Since we began our commitment to a preventive care program, we have successfully changed many lives for the better through oral hygiene education, dietary advice and general dental education.