

undisturbed for that critical 24 hour period before they are mature enough to leak toxins into your delicate gum tissue.

Disrupting this maturation and settling in period every 24 hours, renders them harmless to you again as they have to start all over once more to become mature enough to be toxic.

The best time to do your daily routine is in the evening when you are more relaxed. It is best to do this whilst you are sitting down, watching TV or listening to the radio. Using the single tufted brush effectively should take approximately 5 minutes once you are well practised.

Use the Single Tufted Brush dipped in Peroxyl mouthwash around the gum/tooth margin daily- this will force oxygen bubbles down into the pockets and create an oxygen rich environment that is difficult for bacteria to survive in. Additional chemical ammunition, to our mechanical defence.

Flossing is excellent for removing plaque in between the teeth. The best floss to use is a “Waxed Tape” as it slides between the teeth much better than a thick piece of floss. Crest Glide is one we recommend and it is sometimes helpful to tie the floss in a circle making it easier to hold.



If some patients find this too difficult then Tepe brushes of the right size are also useful for removing plaque in between the teeth.

Periodontal Disease: Am I Susceptible? and How Can I Help Myself?

Gum Disease: Why I Might be Susceptible

Periodontal disease is the number 1 cause of tooth loss amongst adults. This is because a certain number of people, 15-20%, have immune systems that overreact to the bad bacteria in their mouth. When this over reaction occurs, the immune system attacks and breaks down the bone and tissue that surrounds the tooth. This destruction is not predictable and can occur sporadically. None of us know if we are part of this 15-20% because we can't usually feel or notice the onset of gum and bone (Periodontal) disease. Both adults and children (after the age of 16) should be routinely checked for gum disease. Gum disease is multi-factorial meaning that there are several causes which are listed below. In many cases it is our Genes that play a large part and gum disease often runs in families.

Keeping your gums in shape

Keep in mind that healthy gums DON'T BLEED. You are the key player on the hygiene team. If you don't do the essential daily brushing and flossing, the rest of your dental team (the dentist and the hygienist) are playing shorthanded.

Sometimes with everyone fighting the good fight, stubborn plaque and bacteria require different methods of removal and new maintenance techniques for battling gum infection.

Gum disease is not curable, but it is treatable, and in most cases controllable

Are you at high risk for gum disease?

Smoking: Numerous studies have shown that smokers have more gum disease. Smokers have increased levels of tartar in the mouth, and experience more tissue irritation which makes their gums more susceptible to disease. Smokers have more bone loss and heal less quickly than non-smokers.

Diabetics: Are more likely to have gum disease due to poorer healing and an altered immune response. Gum disease can make it more difficult for diabetics to control their blood sugar levels.

Stress: When our immune system is stressed it is difficult to fight off the bacteria that cause gum infections.

Dental Neglect: Avoiding the dentist is a lifestyle choice that puts you at risk of diseases associated with your mouth, teeth and gums.

Improved Oral Health Can Reduce the Risk of Serious Illness

Your hygienist and dentist work to prevent infection in your mouth from entering the bloodstream and potentially causing serious illness.

Heart Disease: Gum inflammation products and bacteria in gum disease can help to cause heart disease by sticking to the walls of arteries. In addition, bacteria from your mouth may combine with blood-clotting cells called platelets, forming heart-stopping blood clots.

Stroke: New Studies show that 70% of the fatty deposits of stroke sufferers contain bacteria, of which 40% come from their mouth.

Methods of Improving Oral Hygiene

Gum disease and periodontal disease are *managed conditions*, which means there is no cure. It is a case of ensuring that your daily home hygiene measures are as effective and consistently implemented as possible. The aim is to keep the bacterial level as low as possible below and around the gum line.

This is a life-long commitment to your oral health. You will always be susceptible to gum/periodontal disease if the bacterial balance shifts the wrong way again. Therefore there are no fortnight holiday breaks, or days off- the bacteria work 24-7!

It is important to start viewing tooth brushing and your home oral hygiene practices as more a method of removing millions of bacteria out of the mouth- rather than just cleansing and making it feel “fresh”.

The bacteria like to live in an oxygen free environment, hence they populate the junction below the gum to the tooth, and down in the pockets below the gum line. Therefore, this is the most crucial zone to clean. The Single Tufted Brush is the only brush that is effective in the bacterial “underworld”.



Think of each tooth as an individual that needs to be decontaminated 360°. The bacteria are delighted to find a niche where they can grow