

## OTHER RECOMMENDATIONS

- DRINKING WATER CLEANS TEETH AND PREVENTS CAVITIES!
- MOUTHWASH CAN HELP PREVENT CAVITIES, REDUCE PLAQUE FORMATION, PREVENT AND REDUCE GUM PROBLEMS, HELP WITH DRY MOUTH, AND FRESHEN BREATH. WE RECOMMEND LISTERINE, ACT AND BIOTENE.
- ELECTRIC TOOTHBRUSHES LIKE SONICARE HAVE BEEN SHOWN TO BE UP TO 7 TIMES MORE EFFECTIVE IN REMOVING PLAQUE THAN A MANUAL TOOTHBRUSH.
- SEALANTS ARE A THIN PROTECTIVE COATING THAT IS PLACED INTO THE GROOVES OF THE BACK TEETH TO PREVENT CAVITIES. THEY HAVE BEEN SHOWN TO REDUCE THE RISK OF CAVITIES BY NEARLY 80% IN MOLAR TEETH.
- THERE ARE MANY OTHER CLEANING TOOLS OR PREVENTATIVE MEASURES THAT WE RECOMMEND TO PATIENTS BASED ON THEIR INDIVIDUAL NEEDS LIKE TONGUE SCRAPERS, INTER-DENTAL BRUSHES, GINGIVAL STIMULATORS, XYLITOL MINTS OR GUM, CHILDRENS FLOSSERS, ETC.

**CALL FOR AN APPOINTMENT TODAY!**

### HOURS OF OPERATION

DAY	HOURS
MONDAY	9:00AM - 6:00PM
TUESDAY	8:00AM - 5:00PM
WEDNESDAY	9:00AM - 5:00PM
FRIDAY	EVERY OTHER FRIDAY 8:00 AM - 5:00 PM



STATISTICS FOUND IN THIS PAMPHLET AS WELL AS MORE INFORMATION CAN BE FOUND AT [WWW.MOUTHHEALTHY.ORG](http://WWW.MOUTHHEALTHY.ORG) AND [WWW.USA.PHILIPS.COM](http://WWW.USA.PHILIPS.COM).


# SMART MOUTH DENTAL

TAKING FAMILY DENTAL CARE TO THE NEXT DEGREE

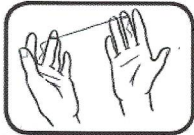


## ORAL HYGIENE GUIDE FOR FAMILIES

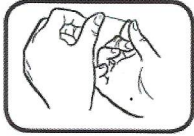
7105 JANES AVE- WOODRIDGE- IL  
630.963.7766  
[WWW.SMARTMOUTHWOODRIDGE.COM](http://WWW.SMARTMOUTHWOODRIDGE.COM)



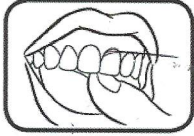
## How to Floss



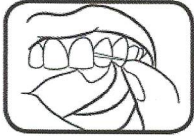
• Use about 18 inches of floss wound around one of your middle fingers, with the rest wound around the opposite middle finger.



• Hold the floss tightly between the thumbs and forefingers and gently insert it between the teeth.



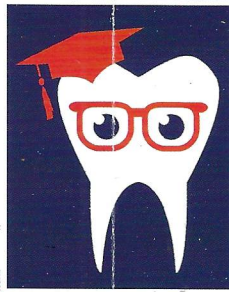
• Curve the floss into a "C" shape against the side of the tooth.



• Rub the floss gently up and down, keeping it pressed against the tooth. Don't jerk or snap the floss.

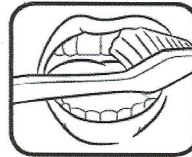


• Floss all your teeth. Don't forget to floss behind your back teeth.

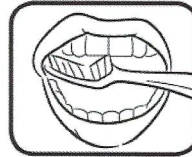


- BRUSH 2 TIMES A DAY FOR 2 MINUTES
- SOFT OR EXTRA SOFT BRISTLED TOOTHBRUSHES ARE BEST
- GENTLE BRUSHING IS IMPORTANT BECAUSE "SCRUBBING" HARD CAN CAUSE DAMAGE TO TEETH AND GUMS
- USE A TOOTHPASTE WITH THE AMERICAN DENTAL ASSOCIATION (ADA) SEAL
- PARENTS SHOULD HELP THEIR CHILDREN BRUSH TO DEVELOP GOOD HABITS- WE LIKE THE BABY BUDDY 360 BRUSH FOR BABIES AND TODDLERS

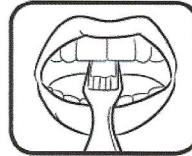
## How to Brush



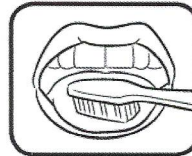
• Place the toothbrush at a 45-degree angle to the gums.



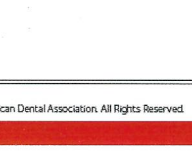
• Move the brush back and forth gently in short strokes.



• Brush the outer surfaces, the inside surfaces and the chewing surfaces of all teeth.



• To clean the inside surface of the front teeth, tilt the brush vertically and make several up-and-down strokes.



• Brush your tongue to remove bacteria and keep your breath fresh.

- FLOSSING CAN BE DONE AT ANY TIME OF DAY, BUT BEFORE BEDTIME IS BEST
- CREATE ROUTINES BY SETTING AN ALARM ON YOUR PHONE, FLOSS WHILE WATCHING TV OR GENTLY USING A FLOSS HOLDER WHILE DRIVING- JUST GET IT DONE
- PARENTS SHOULD HELP CHILDREN FLOSS- TRY USING JOHNSON & JOHNSON WILD FLOSSERS TO MAKE IT MORE FUN
- ALTHOUGH A TOOTHBRUSH REMOVES A LOT OF PLAQUE AND FOOD DEBRIS, IT CAN NOT GET IN BETWEEN THE TEETH