



Oral hygiene elements

The quality of home oral care is fundamental for oral health

The bacterial infection causes both gingival and dental diseases.

As soon as the dental plaque remains for a sufficient time in your mouth, it can arrange itself in an organized structure tightly-fitted to teeth and periodontal tissues. From this moment on, the dental plaque begins causing diseases.

So, please remember that it's up to you not to give the plaque enough time to become bad!

Your Dental Hygienist and your Dentist may reestablish your oral health and esthetics but, after that, you are the most important person for maintaining them!

Brush your teeth after main meals and before going to sleep. Floss them every night. In some cases, you may need interdental brushes.

Chewing-gums with xylitol can help when it's impossible to brush your teeth.

It's a good rule to avoid castor sugars if you can't brush your teeth.

Since the dental plaque is tightly adhesive to teeth, mouthwashes aren't able to remove it.

Antibacterial mouthwashes must be used just in infection cases and by Dentist's suggestion!