



MODRI ZOB

MAINTAINING GOOD ORAL HEALTH

To maintain good oral health, three factors are crucial: brushing teeth **twice a day**, using **fluoride toothpaste and mouthwashes**, and adopting a **proper diet**. Additionally, regular dental visits at least once a year are recommended.

BRUSHING AND FLOSSING

Brushing and flossing remove most of the dental plaque that accumulates on teeth throughout the day. It's important to brush teeth thoroughly at least **twice daily**. Typically, brushing should last between **2-3 minutes** using **medium-soft bristle brushes**, or up to 7 minutes with the softest brushes. It is advised to brush **before breakfast** and **before bedtime**. Since most bacteria and plaque accumulate on the back of the tongue, it's also important to **brush the tongue with a tongue scraper**.

USE OF TOOTHPASTE AND MOUTHWASH

The primary effect of toothpaste and mouthwash lies in their fluoride content, ideally **1450ppm in toothpaste**. They should be used with each brushing, allowing toothpaste to remain in the mouth for 3-7 minutes and mouthwash for 30 seconds to 1 minute. **The effectiveness of toothpaste and mouthwash is greatly enhanced if you spit them out after brushing without rinsing your mouth with water.**

DIETARY HABITS

A frequently overlooked factor in preventing tooth decay is dietary habits. While it's not necessary to completely avoid sweet meals, it's advisable to limit them. The less frequent teeth are exposed to sugar and carbohydrates, the lower the likelihood of developing new cavities. Sugar is not only found in food but increasingly in beverages (sweet sodas, flavored water, fruit juices, energy drinks, etc.). During main daily meals, it's good to avoid snacks; if needed, opt for protein-based snacks (cheese, nuts, etc.) rather than starch or sugar-based ones.

The development of cavities and enamel erosion is also promoted by acidic foods and drinks, especially fruits (citrus fruits, apples, etc.) and acidic beverages (carbonated drinks, lemonades, fruit juices, fruit smoothies, etc.). For acidic foods, it's advisable to consume them as infrequently as possible and wait at least 1 hour after eating before brushing your teeth.

Your dentist can assess the effectiveness of your oral hygiene during examinations. They can provide advice on how to improve your techniques and suggest regular check-ups. If despite advice additional protection is needed, your dentist may recommend:

- Application of fluoride varnish in the office
- Additional use of disinfecting mouthwash containing chlorhexidine
- Additional use of remineralizing paste after brushing
- More frequent check-up visits

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