

Toothpaste, Brushes and Supplies

We are often asked what is the best toothpaste, etc?

Any ADA approved toothpaste that **has fluoride** and **is not abrasive**. **The best** one to use **is the one** that fits the above criteria and that **each individual person likes the taste of**. The more a patient likes the taste of the toothpaste, the longer they will brush. Length of brushing time and technique are more important than any brand.

Brushes:

I really like the Sonicare, but any electronic model with a pulsating brush (not a circular motion) will do a good job. Circular brushes require a very precise technique to work well. Electric pulsating brushes work well for older and younger people with less dexterity.

* If using a manual tooth brush, always choose **soft**, not medium or hard bristles.

* Always get a new tooth brush when you have had an illness such as flu, strep throat, or when you return from a trip.

* Change to a new brush when the bristles are getting flat or every 6 months.

* Remove your toothbrush from the counter before spraying any chemicals.

* Do not keep your toothbrush in a dark drawer. Bacteria can grow on it before it has a chance to dry out.

Floss: Remember: You only need to floss the ones you want to keep!

* Oral B-Satin (mint flavor) good for tight contacts

* Glide (no flavor)-good for tight contacts

* Reach-Woven- For people who tend to get decay between their teeth. It also releases fluoride when flossing which helps prevent cavities.

* For bridges, make sure you use “super floss” to clean under your bridge. Super floss has a stiff threader and then a fuzzy part of the floss to gently clean under your bridge.

Information supplied by the ADA

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