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The ABC of the tools for dental care

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Those who want to shine with beautiful teeth, must do more than a day to use the toothbrush. Dental floss, mouthwash, interdental brushes – many aids on the market supported the right care. Here, many questions when selecting the appropriate agent. Dentist Dr. Lutz Laurisch are talking to proDente information about the qualities of individual prophylaxis helpers.

What tools are best used to clean between teeth?

It depends on the individual tooth and gum conditions but also on the skill of the person. For tight spaces remains the best cleaning using dental floss, reach the, if properly used and without injury to the gums optimal plaque removal. For larger spaces, especially in the posterior region are superior interdental brushes. It

place them in different sizes, so that a suitable choice to be made. Their advantage is simplicity of operation. Dental sticks and similar plastic sticks are suitable rather for the removal of food debris and plaque stick to the distance far below the results of dental floss and interdental brushes.

There are many different dental floss, for example, waxed and unwaxed. How to choose from you?

The two species are referred to it for many years on the market. Waxed floss slides easily away in the gaps and rough spots. It is recommended for beginners like. Unwaxed has a better cleaning action and has advantages in the use of fluorides. Meanwhile, however, many specialty flosses are available, such as with special sliding or larger, fluffy shares or threading for bridges. Here is a consultation with the dentist recommends that dental floss is suitable.

Dr. Laurisch, you should use dental floss before or after brushing, morning or evening?

The general rule is that between the teeth should be cleaned once a day to achieve effective protection from dental caries and periodontal disease. Whether this should happen before or after brushing in the morning or evening, is less crucial because of the systematic removal of the plaque is the real effect. Before the plaster has the slight advantage that the fluorides are effective from the toothpaste in the cleaned spaces.

Is there a difference between Mundspülösungen and mouthwash?

In everyday language the two terms are not always used correctly. Mouthwash is used primarily to improve breathing and taste in the mouth and contains similar substances such as menthol. For several years, however Mundspülösungen have conquered the market with ingredients that have a medical significance.

The teeth are first of all to mention fluoride rinses who, through their regular use for caries reduction and protective properties against sensitivities.

Other ingredients are primarily a plaquereduzierende effect and thereby contribute to the reduction of pathogenic bacteria. It primarily chlorhexidine rinsing solutions are mentioned, but others have the bakterienreduzierende properties. They fight for tooth decay and gum disease bacteria responsible, especially in acute danger. Meanwhile, there are combination products containing both fluoride and bacteria-active substances. Also, the products differ in terms of concentration of the active ingredients. The use of a rinse solution should definitely be discussed with the treating dentist. He knows the individual oral situation and danger to the patient and can specifically advise on the selection.

It is always recommended to ensure, when fluoride toothpaste – why?

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TRANSLATION

The compounds have fluoride in toothpaste has a substantial share of detectable caries decline during the last decades. No other substance has similar effect is known. Therefore, the recommendation in the morning and evening, use a fluoride toothpaste for cleaning teeth, still valid. The intensity of the Fluoridierungseffektes can be increased by not consuming the subsequent rinsing since there is a longer residence time on the tooth surfaces.



In the office routine dental care is hard: What do you think of dental chewing gum?

Not only in day, but in general is the "in between cleaning" problematic. It is in these dental chewing gum be a good support. By the component xylitol triggers an inhibitory effect on caries-related bacteria and the chewing activity causes an increased flow of saliva, which can be "self cleaning" improve in the mouth. As a complement to 2x daily to 1x daily teeth brushing and dental care gum care gap are recommended especially for (sugary) food and beverages.

If a spoonful of an adequate substitute for a tongue scraper and how it is used?

We, too, the tongue cleaning is becoming increasingly popular. Your goal is to reduce the rough surface of the tongue often in large quantities bacteria present. This will reduce the risk of disease and ensuring a better breath. Especially in patients at high risk of caries or periodontal disease, the tongue cleaning is an important cleaning operation. Basically, different tools are used to tongue cleaning. Even brushing the tongue is possible through tongue cleaner with rows of bristles, toothbrushes or special brushes. Frequent scraping and working tongue cleaners are used. Accordingly, could also serve as a tablespoon to remove the tongue coating. With tongue scrapers by the throat worked, starting forward with overlapping tracks and rinse the loosened surface.

After a short period of getting used to the tongue cleaning, it is usually a natural part of the oral hygiene program.

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