



Edward Feins D.M.D.

## Facts About Preventive Dentistry

1. Preventive care is beneficial to patients of all ages and should begin as early as possible. It is essential that all members of your family are educated in the techniques required to attain good dental health.
2. Good oral hygiene not only makes your teeth and gums feel fresh and vibrant but also provides the basic foundation for lifelong dental health.
3. Attending a dental check up on a regular basis avoids any nasty surprises and allows us to treat any potential problems quickly and efficiently, enabling you to keep in great dental shape.
4. Our top tips for healthy teeth and gums are:
  - Use a soft toothbrush, preferably electric toothbrush with rounded bristles
  - Replace brush head every three to four months or after an illness
  - Brush twice daily and floss once daily
  - Use toothpaste with fluoride
  - Visit us on a routine basis (every 6 months)
  - Attend Periodontal check-ups and have oral cancer screenings
5. It is important to remember different elements may combine to impact your dental health. These are: your Diet, Lifestyle and General Health:
  - a. **Your Dental Regime (Brushing, Rinsing, Flossing)**

It is crucial that you maintain a health oral hygiene regime. Brush and floss twice a day and do not forgot to rinse. We can demonstrate to you the best ways of doing this as well as telling you the best products available for your needs.
  - b. **Your Diet**

Your diet can affect your dental health. Sugary drinks and sweet foods can create plaque which cause tooth decay if you are not diligent with your dental regime.
  - c. **Your Lifestyle**

Drinking alcohol and smoking can adversely affect your dental health especially tooth colouring. The benefits of tooth whitening are reduced if you keep



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d. **Your General Health**

Medication can affect your tooth colouring and weaken tooth structure. Being ill will affect your saliva health which in turn will affect your dental health.