

At A Loss With Floss?

The question almost every patient dreads hearing when they sit in the dental chair: Have you been flossing?

What is so important about this little string anyway? Isn't it outdated? Why is brushing alone not enough? Are there any alternatives that work just as well?

- Flossing is extremely important to your oral health. Your mouth has thousands of bacteria living in it every day, a large percentage of the bacteria lives in between your teeth and below your gum line; places where your brush can't reach.
- As a hygienist, I would love for all my patients to floss their teeth every day. In reality, I know that is probably not going to happen. What I want my non-flossing patients to learn is: What is the next best thing? This answer will vary from patient to patient.

- Interdental brushes



<http://www.millenniumdentalpractice.com/p/wp-content/uploads/inter%20dental%20brush.jpg>

Great for patients with crowns, bridges, braces, or even the patient that just has space where food gets trapped.

- WaterPik



<http://g-ecx.images-amazon.com/images/G/01/hpc/detail-page/c26-B000UWAWQU-1-1.jpg>

Uses a pulsating stream of water to remove plaque and bacteria as well as stimulate gums. Great for patients with gum disease, crowns,

bridges and braces. An even greater benefit is seen when mouth rinse is placed in the reservoir.

- Sonicare Airflosser



http://g-ecx.images-amazon.com/images/G/02/uk-health-and-beauty/Philips/SonicareStore/Untitled-2_v399645757_.jpg
<http://www.dentalbuzz.com/wp-content/uploads/2011/05/AirFloss.png>

The Airflosser is a fantastic product. All the staff members at Peak City Family Dentistry use one. It squirts a burst of air and water (or mouth wash) at 45 mph to blast away plaque, bacteria, and food particles. It is also great for cleaning around dental work but it is especially good for the patient that just has trouble flossing. It is great at reducing gingivitis and cavities between the teeth.

Ask Hannah for more information at your next hygiene appointment!