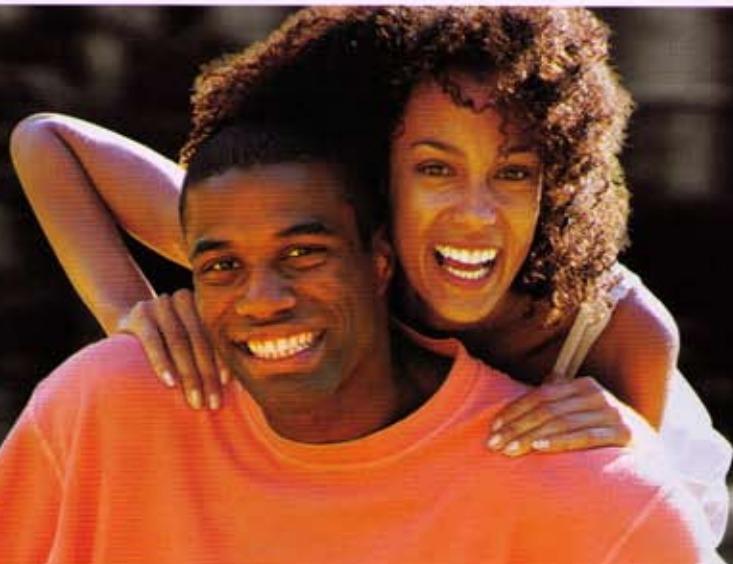


Are you brushing & flossing correctly?



A build-up of plaque at the gum line is a common cause of gum disease

Tissues that surround teeth are called the gingiva. Maintaining healthy gingiva and preventing the breakdown of the fibers that hold the gums tightly to the teeth is the key to optimum oral health.

Give Gum Disease the Brush

If untreated, early gum disease, called gingivitis, eventually leads to the loosening and loss of teeth. Arresting plaque before it develops around the teeth will help stop gum disease. Daily brushing and flossing and regular visits to your local dental office for an oral checkup and a hygienic cleaning is cheap insurance against complex, time consuming, and expensive periodontal treatment.

Preserve & Maintain

Sometimes choosing a healthier lifestyle, such as better nutrition and eliminating smoking or chewing tobacco, is necessary. Like automobiles that are not regularly maintained, dental neglect will eventually result in teeth that need an overhaul.

Gum disease was caused by lack of brushing and flossing.



After treatment, this patient is happy with his beautiful teeth and healthy gums.



Forming a C-shape, carefully slide the floss in between tooth and gum line.



Gently slide the floss under the gums and up and down both sides of your teeth several times.



With your toothbrush at a 45° angle against gums, brush gently in a circular motion.



Gently brush the inside surfaces of your front teeth, then the chewing surfaces.