

KELVIN HOUSE DENTAL PRACTICE

“word
of
mouth”

2 Nelson Road | Whitstable | Kent | CT5 1DP T 01227 771323 E info@khdp.co.uk

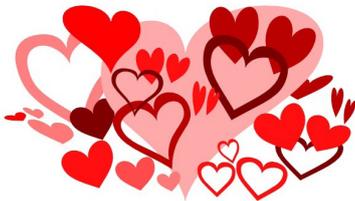


Data from the latest Adult Dental Health survey shows that only one in four adults use a toothpaste with the recommended level of fluoride.

Fluoride is the single-most important advancement introduced in preventative dentistry for over 50 years. It can greatly help dental health by strengthening the tooth

enamel, making it more resistant to tooth decay. It also reduces the amount of acid that the bacteria on your teeth produce.

0 - 3 Years: 1,000 ppm fluoride toothpaste as soon as the teeth erupt. Use a smear of toothpaste.
3 Years - Adult: 1,350 - 1,500 ppm fluoride toothpaste, pea-sized.
In all cases, spit out; don't rinse.



Post-Valentine's Day advice:

If you're going out on a dinner date, think carefully about what you're eating. Garlic, coffee and onions all have the potential to cause bad breath.

If you need to freshen your breath, carry some sugar-free gum, as chewing will stimulate saliva and help prevent your mouth from drying out. Perhaps even take a couple of minutes to floss or clean in between your teeth with interdental brushes before you leave, as bits of food that get caught between the teeth and on the tongue will rot and cause an unpleasant smell. If you are a smoker, kick the habit for the night, as tobacco also causes bad breath.

Although some medical problems may be the cause of bad breath, by far and away the

most common cause is a lack of efficient oral hygiene.

Mature plaque releases gases which are the cause of bad breath, which is why correct and regular brushing is vitally important to keep your breath smelling fresh. Brushing your tongue may also help to reduce the likelihood of bad breath.

To test if you have bad breath, simply lick the inside of your wrist, let it dry and sniff. If the smell is bad, you can be fairly sure you have bad breath. If it continues, ask me or one of our hygienists for advice on how to clean more thoroughly.

Kind regards

Paul Downes