Power toothbrushes to lasers

Technology advances oral care

CHILDREN AND ORAL HEALTH
A good oral-health regimen is also important for children, says Dr. Abdull. For kids under 6, it is important to get them into a routine, so she suggests replacing regular-flossing with a flowing device that has a handle. Children also need to brush at least twice a day for two minutes and use their dentist’s toothbrush a year -- just like adults.

It’s important to get kids in the habit of brushing and sticking to a good oral-care regimen, so they can have healthy teeth and oral health for life, including avoiding tooth-los, says Dr. Abdull. She says it’s time to brush a child’s teeth as soon as they start appearing. For the youngest kids, parents can wipe their infant’s gums with a soft cloth to remove any residue from milk or juice. Dr. Abdull recommends parents take their child to her or her first dental-check-up as soon as their teeth have all come in.

ORDER COUNTS
When it comes to your oral-health care regimen, some oral-care products are in a much more effective method of prevent tooth decay and gum disease.

BEST BRUSHING TECHNIQUE
When it comes to brushing your teeth, there’s an important step you must take to prevent decay from setting in. But the key to success is knowing how to brush properly. There are two main methods you can use: brushing and flossing. Each method has its own benefits, but they work together to help keep your teeth healthy.

BRUSHING:
Brushing is the most important step you can take to prevent tooth decay. It helps to remove plaque and bacteria from your teeth and gums. To brush properly, you should:

- Hold your toothbrush at a 45-degree angle to your gums.
- Use short, gentle strokes.
- Brush all surfaces of your teeth, including the backs.
- Be sure to brush your tongue as well.
- Brush for at least two minutes.

FLOSSING:
Flossing is also important to remove plaque and bacteria from between your teeth, where your toothbrush cannot reach. To floss properly, you should:

- Place a small piece of floss between your teeth.
- Curve the floss around your tooth and under the gum line.
- Gently move the floss up and down several times.
- Moisten the floss to make it easier to use.
- Floss each tooth in the same way, moving back and forth.

THE FOLLOWING PRODUCTS CARRY THE CDA SEAL OF RECOGNITION:

- Colgate Total
- Crest Pro-Health Clean Cinnamon Toothpaste
- Crest Pro-Health Fresh Mint Toothpaste
- Crest Pro-Health Fresh Mint Toothpaste with Gel
- Crest Pro-Health Fresh Mint Toothpaste with Gel and Whitening
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