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## The Truth About Your Toothbrush

There are many things we need to be aware of when it comes to our toothbrush. Other than always trying to buy a toothbrush in our favourite color, how often we replace our toothbrush and how we store it is also important. Here are a few guidelines to help you choose the right toothbrush and how to look after it:

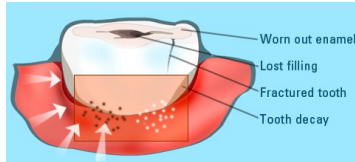


- Try to use a toothbrush with a reasonably small head so that you can easily reach all surfaces of your teeth
- Always only use a brush with soft bristles. Even medium bristles can often hurt your gums and over time an even wear away your enamel
- The bristles on your toothbrush have a limited lifespan so you need to replace it every three months. A good guide is new season—new toothbrush. Spring has just started so now is the perfect time!
- The bacteria in your mouth is unique to you so don't share your toothbrush
- Consider where your toothbrush is stored in your bathroom. Keep it away from possible splashes from people hand washing or the toilet flushing. Now that is something you don't want to picture!

Our toothbrush is our main defense against tooth decay. Picking the right one and knowing how to look after it is important to our overall health. Make sure you brush at least twice a day for two minutes and see your dentist regularly for check ups.

## Tips for Sensitive Teeth

There are many reasons that our teeth may become sensitive. Usually the crown of a tooth (the part we can see) is covered in strong and protective enamel. Enamel acts like insulation to the more sensitive dentine that lies underneath. The dentine can become exposed due to decay, worn fillings, broken or fractured teeth, gum disease, worn tooth enamel and gum recession.



The good news is that often tooth sensitivity can be easily treated. At home you can try using a sensitive toothpaste. Brush normally with this toothpaste if you like, but it works best when applied directly to the sensitive area and just left to do its job, no rinsing! The tooth paste is designed to block the end of the tubules in the dentine that allow the message to reach the nerve that you are drinking something cold or sweet.

If this doesn't work then your dentist has a couple of different materials that he can apply to your tooth that will act in a similar way. If this still doesn't work then sometimes a filling needed to cover the sensitive area.

Of course, if the sensitivity is caused by decay or a broken tooth a simple filling may be the answer you looking for.

## ~ Refer a Friend ~

The greatest compliment we receive is when we hear that a new patient has been referred to us by someone who has already come in for a visit. To all our wonderful patients who have referred family members, friends and neighbours we say a massive THANK YOU!

To help show our sincere appreciation, each patient who refers someone new to our practice receive \$20.00 off their next treatment.\*

We ❤️  
Referrals



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