



The entire team at Apple Dental is committed to helping all of our patients, young and old, achieve their ideal goal of healthy teeth and a perfect smile for life.



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## Preventive Dentistry

Preventive dentistry is one of the most important aspects in helping you and your family achieve and maintain optimal dental health.



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By focussing on early intervention and explaining the importance of good oral hygiene and regular 6 monthly check-up appointments, we can detect and treat problems before they have a chance to develop and require more extensive treatment.

A healthy balanced diet and a regular oral hygiene routine of brushing twice daily with fluoride toothpaste, and flossing once a day will greatly contribute to the health of your teeth and gums.

When you have sugary or starchy foods and sweetened drinks the bacteria in your mouth produces acid that attacks tooth enamel. Saliva is your body's natural defence to this acid, which is why chewing sugar free gum, rinsing your mouth with water and limiting your intake of sweet and starchy foods is effective for preventing dental problems.

### Helping you keep your natural teeth for life

Gum disease is the leading cause of tooth loss in Australian adults and the loss of a natural tooth can cause severe complications with your surrounding teeth causing them to become crooked. A missing tooth root will also cause your jawbone to recede and facial muscles to lose their elasticity.

When diagnosed early, gum disease is a reversible condition and your mouth can be restored to total optimum health.

Our practice is equipped with the latest technology to perform detailed examinations and provide exact diagnosis, which can reveal the early signs of tooth decay and periodontal (gum) disease. We keep up to date with the latest dental techniques to ensure you receive the best possible care.

## CHILDREN'S ORAL HEALTH

One of our principle aims is to encourage children to embrace a regular oral hygiene routine and make them feel comfortable while attending their dental visits. Introducing your child to our practice from an early age will help build a trusting relationship and dispel associated anxiety problems some people experience with dental visits and procedures.

It is recommended your child's first appointment is made when they receive their first couple of teeth, around age one. This visit usually involves a brief check by one of our dentists to establish the health of their gums and advice on the best cleaning techniques.

Regular visits can detect cavities in their very early stages minimising the treatment necessary and to prevent them from developing further.



**Tooth sealants** - tooth sealants or fissure sealants are often applied to the biting surface of back teeth where cavities are most common. They are a protective barrier that fills the grooves of back teeth, making them easier to clean.

**Orthodontic Screening** - early detection of problems with emerging teeth or jaw misalignment can also mean any orthodontic treatment required can be completed in a shorter timeframe. This allows for a wider choice of treatment options to be considered, such as finer removable braces or clear aligners.

## HOW TO BRUSH

Place the head of your brush beside your teeth, with the brush tip at a 45 degree angle against your gum. Move the brush back and forth in short, semi-circle motions.

Brush the outer surfaces of each tooth, top and bottom, keeping the bristles angled against your gum. Use this method on the inside surfaces of all the teeth as well, still using short back and forth strokes.

The inside surfaces of the front teeth are cleaned by tilting the brush vertically, making several up and down strokes with the front part of the brush.

## HOW TO FLOSS

Wind 20cm of floss around the middle fingers of each hand. Hold each end of the floss between your thumb and index fingers, leaving about 2cm of length in between.

Use your thumbs to direct the floss between your upper teeth and gently guide the floss between the teeth by using a zigzag motion. Try to avoid snapping the floss between the teeth to minimise the chances of damaging the gums. Use a smooth and flowing motion vertically up and down the sides of each tooth and gently under the gums.