


# Advice & Prophylaxis

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### Advice for maintenance of healthy teeth and gums

Personal dental hygiene can be considerably improved by means of:

<ul style="list-style-type: none"><li>• the use of an adequate toothbrush</li><li>• the use of the correct brushing technique</li><li>• the cleaning of the spaces between the teeth (with dental floss or interdental toothbrush)</li><li>• the use of adequate mouthwash (on a basis of chlorhexidin)</li><li>• the chewing sugar free gum (increases saliva)</li><li>• an application of fluoride gel (for example, Elmex Gel®)</li><li>• a professional cleaning</li></ul>		<b>More advice for you:</b> Information about Prevention Information about Dental preservation Information about Healthy gums
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## Our service available to you

This advice shows the most important ways of maintaining healthy gums and teeth.



If you should require any additional information about dental hygiene, please do not hesitate to contact us.

We will, with pleasure, describe in detail the aspects of dental hygiene and demonstrate the correct brushing technique.

Also, as one of the services offered by our surgery we remind you of your regular prevention appointments with a telephone call.

If you would like to make use of this service please inform one of our colleagues on reception.

## Contact Form

Name

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