

Choosing Oral Hygiene Products

There are so many products on the market that it may become confusing, and choosing between all the products can be difficult. Here are some suggestions for choosing dental care products that will work for most patients.

Automatic and high-tech electronic toothbrushes are safe and effective for the majority of patients.

Oral irrigators (water spraying devices) will rinse your mouth thoroughly, but will not remove plaque.

You need to brush and floss in conjunction with the irrigator. We see excellent results with electric toothbrushes called Rotadent and Interplak.

Some toothbrushes have a rubber tip on the handle; this is used to massage the gums after brushing. There are also tiny brushes (interproximal toothbrushes) that clean between your teeth. If these are used improperly you could injure the gums, so be sure discuss proper use of these brushes with your doctor.

If used in conjunction with brushing and flossing, fluoride toothpastes and mouth rinses can reduce tooth decay as much as 40 percent. Remember, these rinses are not recommended for children under six years of age.

Tartar control toothpastes will reduce tartar above the gum line, but gum disease starts below the gum line so these products have not been proven to reduce the early stage of gum disease.