

The Total Oral Hygiene Programme

Good oral hygiene is the single most important factor in keeping your teeth and gums healthy. To comply fully with this system the following steps must be followed:

- Prior to using your toothbrush, sanitize the toothbrush either by using a UV toothbrush cleanser or the more effective spray cleansing product. Replace your toothbrush every three months.
- You should brush twice a day for two minutes, using a pea-sized amount of fluoride toothpaste.
- Flossing at least once a day is also important as it removes food and plaque from between the teeth where even the best toothbrush can be ineffective. For most people flossing once a day is enough and the best time to floss is after your last meal of the day.
- Rinse your mouth afterward with an antiseptic mouthwash, to wash out everything that has been dislodged.
- Chewing a Dental Association approved sugar free gum after meals helps neutralize the plaque acids that can cause decay.
- Eat a healthy diet, avoiding snacking on sweet foods which risk lodging in cavities and pockets.

The total oral hygiene programme is endorsed by Dentox UK and Brushtox SA.

Brushtox-decontaminating and disinfecting preparation for spraying onto toothbrushes outside the mouth - Brushtox The Solution.

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