

# ORAL B PATIENT EDUCATION



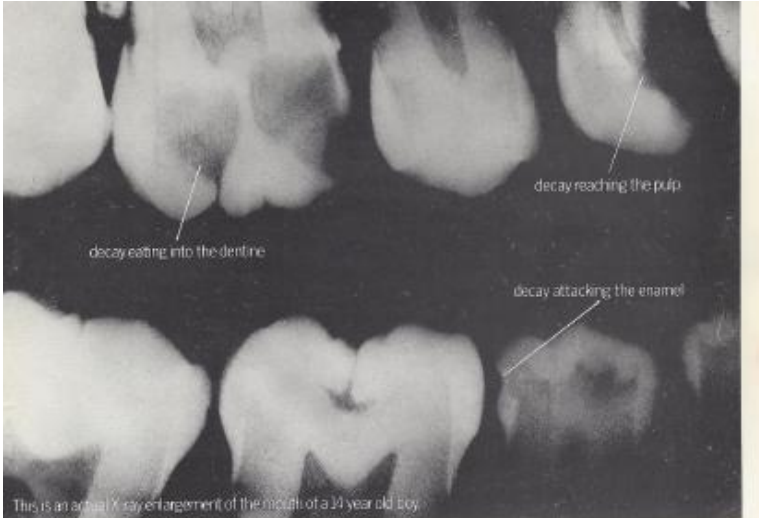
Is this a clean mouth? Obviously not. But lots of people who 'clean' their teeth have a mouth that looks like this.



The teeth are covered in *Plaque*. Here it is shown up by a harmless red dye.

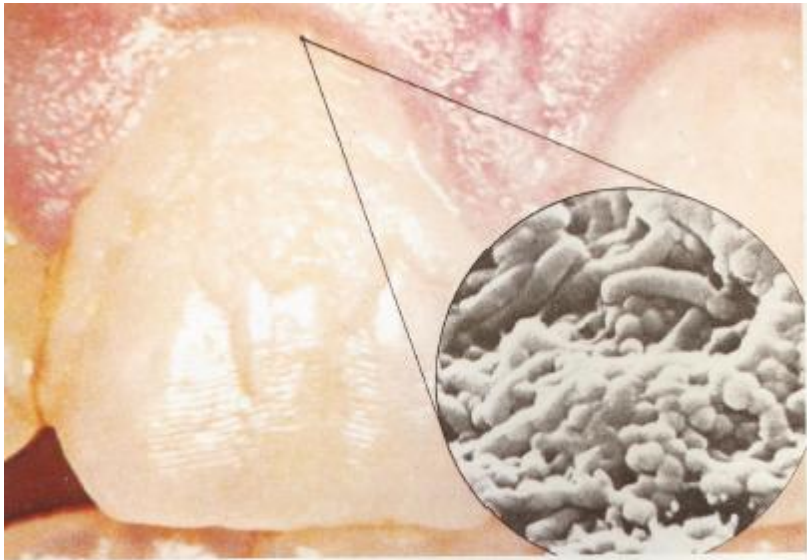


If the disease is left untreated, the gums may recede, the teeth will loosen and may eventually have to be removed.



This is an actual X-ray enlargement of the mouth of a 34 year old boy.

Does plaque harm the teeth as well?  
Yes, whenever we eat and drink sweet things the plaque acts like a sponge soaking up sugar and turning it into acid which decays the enamel of the teeth and rots them away.  
This X-ray picture shows the most common areas where decay starts.

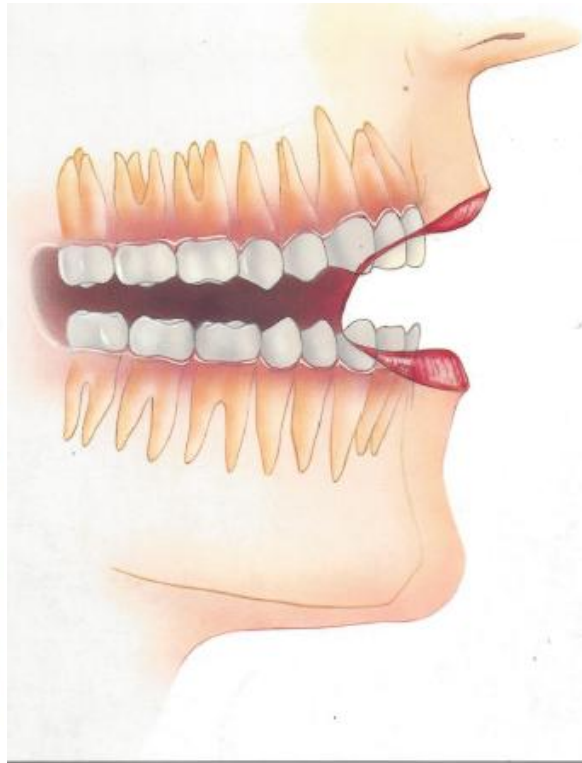
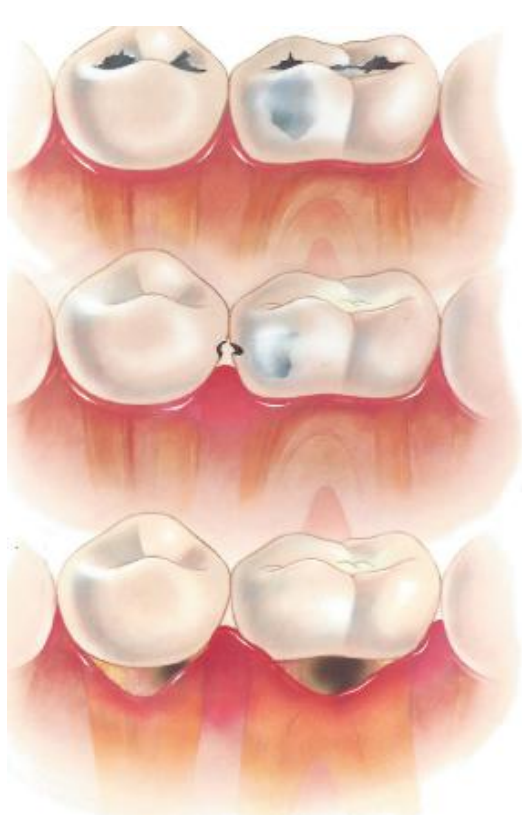


What is plaque? A mesh of billions of bacteria of all shapes and sizes, stuck round the necks of the teeth. Here it is magnified thousands of times.



Does plaque do any harm? Yes, it is the main cause of gum disease. This illustration shows the early stages of gum disease. The gums become inflamed and tend to bleed. This is usually painless, and may not be noticed.

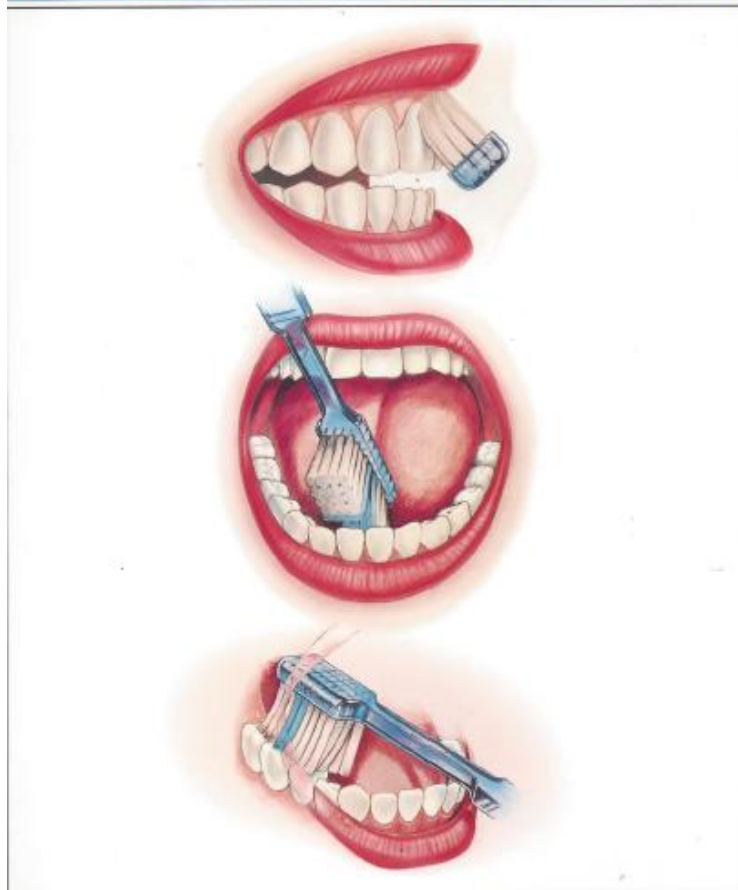




Oral B

ORAL HYGIENE

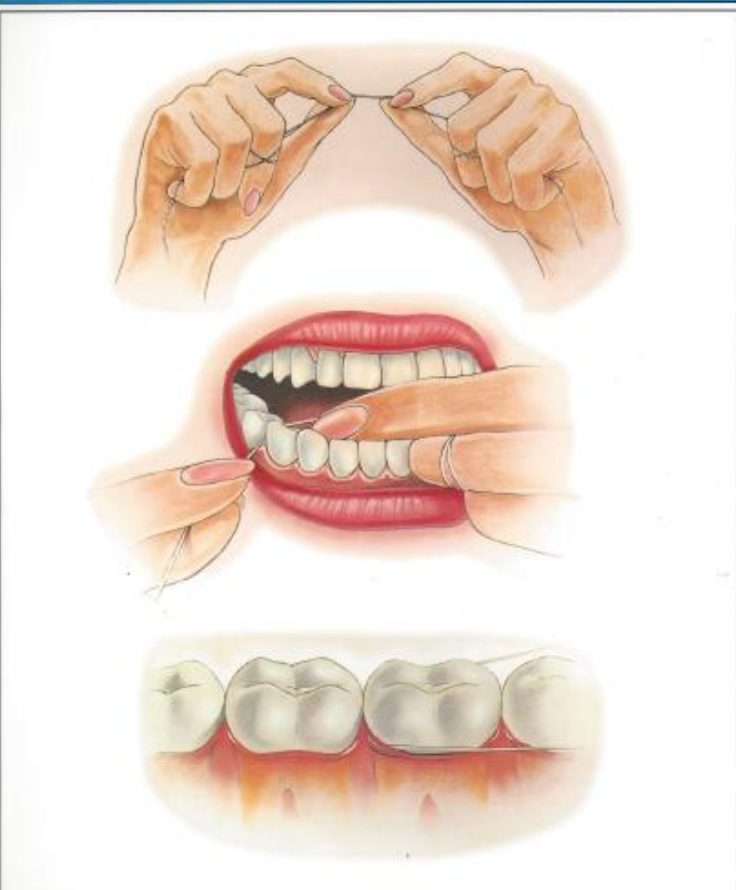
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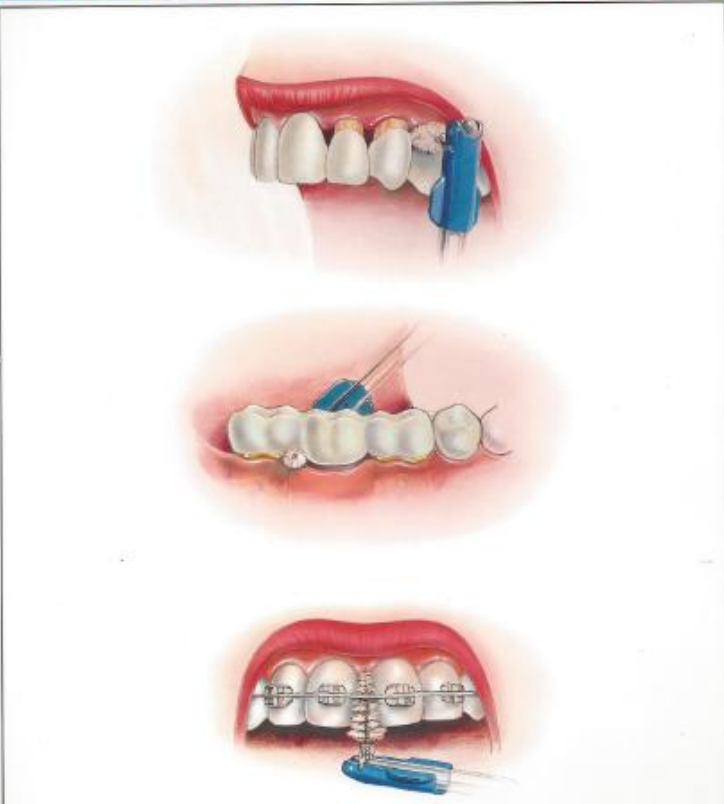
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ORAL HYGIENE

F L O S S I N G



Oral B



### For a healthier mouth, consider using a power toothbrush

Most power toothbrushes remove more plaque than manual toothbrushes. Some also have built-in features that help protect teeth and gums.

#### To use a power toothbrush:

- Guide the brush head from tooth to tooth
  - Simply move the brush head against each tooth for a few seconds and let the mechanical movement of the brush provide the cleaning action
- Gently direct the brush head along the gumline
  - Follow the natural curve of your mouth
- Sweep the brush head along your tongue to freshen your breath





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Brushes  
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**Oral-B Professional Care 1000**

Featuring a 3D cupping action, this is gentle on teeth and gums. It leaves teeth naturally white and gums feeling refreshed - and removes up to twice as much plaque as a regular manual toothbrush.

★ Best for:

- Simple to use
- 3D cleaning technology

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