



To floss, or not to floss - that is the question!

You may have seen reported in the news that “flossing has no health benefit” but, before you all rejoice and throw your dental floss in the bin, let’s take another look...

Interdental cleaning (cleaning between the teeth) helps to prevent gum disease, tooth decay and bad breath by removing plaque and food debris, where your toothbrush can’t reach. Any part of the tooth can be at risk from decay, but the surfaces between the teeth are most likely to decay, because food and plaque can become stuck in these areas. If allowed to build up, bacteria in the plaque can irritate the gums, causing inflammation and, if left untreated, may eventually lead to tooth loss.

Interdental brushes, such as TePe

brushes, have small bristled heads specially designed to clean between your teeth. They come in different widths to suit the sizes of the gaps between your teeth.

TePe EasyPick’s can be used in a similar manner to TePe brushes. You should always use an interdental brush or pick appropriate for the size of the space between your teeth, as advised by a dental professional.

Dental floss is a soft, thin thread used to remove food and plaque from between your teeth. Many people find dental floss difficult to use, and if used incorrectly, it can damage your gums. However, if the spaces between your teeth are too tight to use interdental brushes or picks without causing harm, then if used correctly,

cleaning with floss may be the best method for you.

Regular interdental cleaning is vital for keeping your teeth and gums fresh and healthy. So, the message from the Priory Dental Care team is “Please don’t stop cleaning between your teeth!”

Always follow professional advice about using dental floss, brushes and picks, including how often you should use them. If you are unsure which method of interdental cleaning is most suitable for you, please ask your dentist or dental hygienist at your next visit.

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Special Offer - £10 reward!

We are taking on new private patients, and what better than a recommendation from you, our valued patients!

If you have a friend who would be interested in joining our practice, please cut out this coupon, filling in your name and contact number in the space below, and pass it on for your chance to receive **£10** worth of **gift vouchers** redeemable against any of our **oral healthcare products**.

Your friend will also be rewarded with a **15% discount** off their initial examination fee (normal cost £65.00), saving them **£9.75** on their first visit.

When your friend presents this coupon at their first appointment, we will contact you so you can collect your £10 voucher.

For further information, terms and conditions please speak to one of our friendly receptionists who will be happy to help. This offer is only valid using an official patient referral coupon. Terms and conditions apply. Offer ends on 31st December 2017.

Name:

Contact Tel:

OHP 10/2016

Now in stock - TePe EasyPicks

Removing plaque and food debris from between the teeth helps to prevent gum disease, tooth decay and bad breath, so daily interdental cleaning is vital for keeping your teeth and gums fresh and healthy.

TePe EasyPick are specially designed for cleaning between your teeth, where a regular toothbrush doesn’t reach. They’re strong, flexible and easy to use, making them ideal for all those who find it difficult to floss. Each pack comes with a handy pocket-sized case.

TePe EasyPick come in two tapered sizes, so regardless how big or small the gaps, or whether you have braces or implants, most people can use EasyPick

- XS/S – orange: for narrow gaps
- M/L – blue: for medium to large gaps

TePe EasyPick are now available from reception – If you haven’t tried them before, please ask your dentist or hygienist what size(s) they would recommend.



Q. What dinosaur had the healthiest teeth and gums?
A. The Flossoraptor 😊