SAY NO to tooth decay

FALSE!
The gap between your gum and teeth widens after tooth cleaning.
After cleaning, the accumulated tartar trapped inside the gum is removed and gap is revealed. This is commonly misinterpreted as the widening of gum margin.

FALSE!
It is my dentist’s fault if my gum bleed after tooth cleaning.
Often, after our teeth once cleaned, gum bleeding tends to follow. This is because of gum inflammation. Bleeding can also be frequently observed after brushing and flossing. As long as good oral hygiene is maintained by the correct use of brushing, flossing, and regular visits to the dentist, this condition will be improved.

FALSE!
Mouthrinse can replace toothbrush.
Mouthrinse cannot mechanically remove plaque as the way toothbrushing can, so it cannot replace toothbrushing.
Depending on the specific ingredients involved, some mouthrinses offer extra protection against cavities, tartar build up, gum inflammation as well as teeth sensitivity. The benefits of mouthrinse to oral health are maximized only when used in conjunction with proper toothbrushing and flossing.

FALSE!
I should visit the dentist when there is a TOOTHACHE.
Dentists believe that prevention is always better than cure. Thus, patients are advised to undergo dental check-ups regularly and take x-rays to avoid any hidden problems. Unfortunately, once pain is detected, the condition is usually quite severe and the treatment options are much more expensive.

FALSE!
Dental floss is only accessory cleaning tool.
Toothbrush cannot reach into the interdental regions to clean effectively, only floss can. Toothbrush and floss both need to be used correctly to maintain optimal oral health conditions. Note: The primary function of dental floss is not to remove food debris but to remove the plaque adhered to the tooth surface.

FALSE!
Interdental brush work as toothpick.
Interdental brush is most suitable for people with large interdental spaces, the patients with periodontal disease, periodontal disease cause the gum to recede away from the teeth, and without the presence of gum in between the teeth, the only way to get to the gap between teeth will be by interdental brush. Improperly insert the brush into the interdental gap, pull it firmly against the tooth and gently slide it back and forth. Remember, it is not a toothpick! Gums be careful of brushing the appropriate size interdental brush for your mouth.
Always consult a dentist if necessary.

FALSE!
Cleaned teeth will appear whiter.
The purpose of cleaning teeth at the dentist is to remove the tartar, stain and plaque accumulated overtime, so that the risk of getting gum inflammation or cavities are minimized.
Teeth are whitened through bleaching treatments. The bleaching agents penetrate and oxidize stains/darken discoloration on the teeth and bring out the whiteness in our teeth.

Oral-B
Brush Like a Dentist®
University Health Service (Dental Unit)
Dental Public Health Committee, Dental Society, HKUSU