TANGER BAY
DENTAL CENTER

Care after your scaling

Tanger Bay Dental Center

Oral hygiene

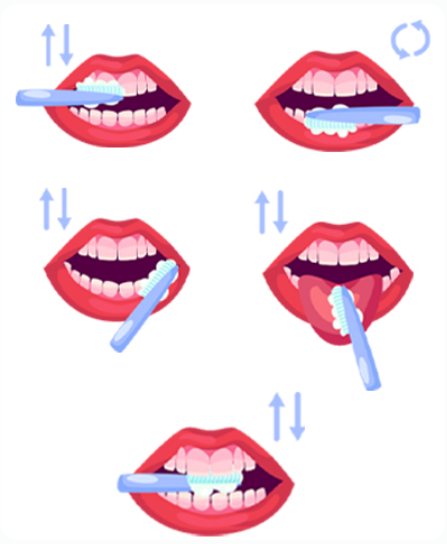
Well done!

You have just taken an important step for your oral health. To maintain the benefits of your scaling and prevent gum problems, it is essential to follow these recommendations.

1 How to brush your teeth properly

1. Place the brush along the gumline at a **45° angle**.
2. Brush gently with a **rolling** motion, from the gum toward the tooth.
3. For the **molars**, use horizontal movements.
4. For the **incisors**, use the tip of the brush with small back-and-forth strokes.

2× a day **2 min** each time



Brush position at 45° by area: molars, incisors and along the gumline.

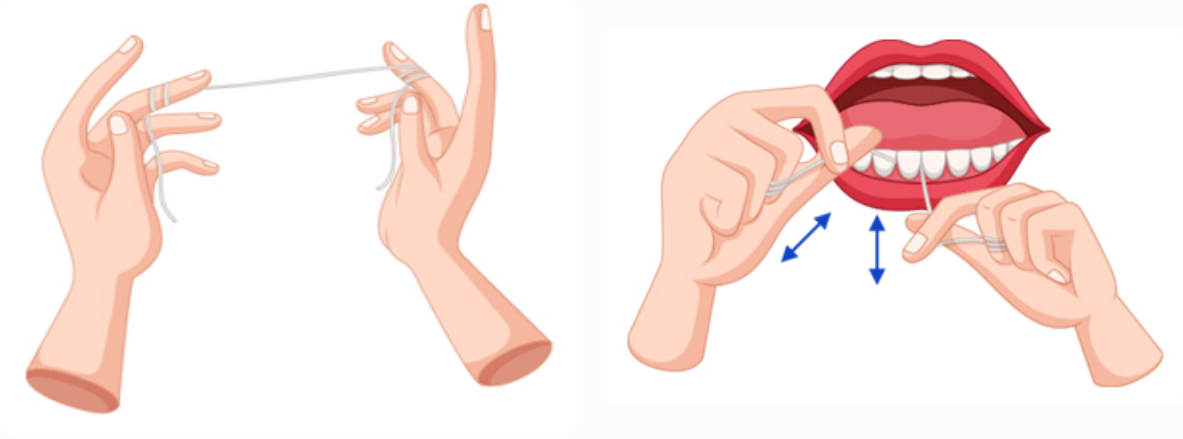
2 Clean between your teeth

The spaces between teeth let **biofilm** (bacterial plaque) build up: cavities, gingivitis, periodontitis and sometimes bad breath. Cleaning these areas every day is essential.

1× a day, every evening

With dental floss — when there is no gap between the teeth

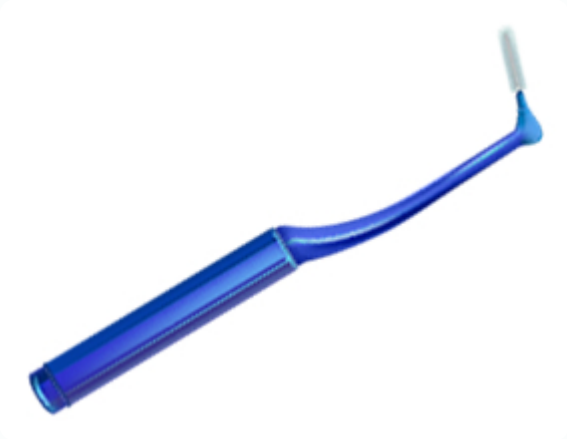
1. Cut about **40 to 50 cm** of floss.
2. Wind it around your middle fingers and leave **2 to 3 cm** free in the centre.
3. Slide the floss gently between the teeth with a light back-and-forth motion.
4. At the gumline, press the floss against the tooth and glide it gently just under the edge.
5. Repeat on every tooth using a clean section of floss.



Hold the floss taut, hug it in a “C” against the tooth and glide just under the gum.

With interdental brushes — when there is enough space

1. Insert the brush gently: only the **bristles** touch the teeth, never the wire.
2. Move from the inside outward, **without twisting** the brush.



The interdental brush, matched to the size of the gap between the teeth.

Choose the right size

If the wire bends or rubs against the gum, pick a better-fitting diameter. Ask your dentist for advice.

3 The water flosser (oral irrigator)

A water flosser, or oral irrigator, sends a fine pressurised jet of water to clean between the teeth and along the gumline. **It can replace dental floss and interdental brushes**, while being easier to use and gentler on the gums.

1× a day, every evening

1. Fill the reservoir with **lukewarm water**.
2. Lean over the sink and place the tip at the entry of each space, along the gum.
3. Follow the gumline, pausing briefly between each tooth.
4. Start at the **lowest pressure**, then increase gradually to your comfort.

Replaces floss and interdental brushes
Especially useful with bridges, implants or braces, and for hard-to-reach spaces.



The water flosser cleans between the teeth and under the gum with a jet of water.

4 Finish with mouthwash

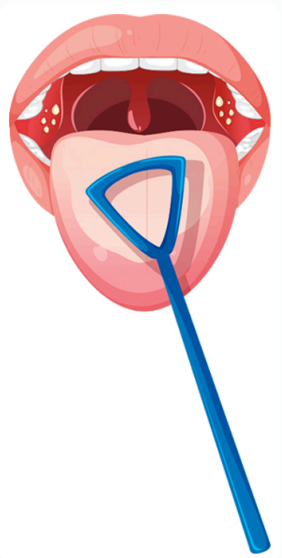
1. Use **15 ml** of mouthwash.
2. Rinse for **30 seconds**, after brushing.

2× morning & evening | **15 ml** per rinse | **30 s** of rinsing

For the best effect
Do not rinse with water and avoid eating or drinking straight afterwards. The product then works for longer, especially in hard-to-reach areas.

5 Using a tongue scraper

1. Clean the central part of the tongue with the shaped side.
2. Hold it correctly, with the working edge facing down.
3. Stick your tongue out and place the scraper as far back as possible.
4. Scrape gently **from back to front** of the mouth.
5. Rinse the tool after every stroke.
6. Clean the sides of the tongue too, using the smooth side.
7. Finish by rinsing your mouth thoroughly with water.



Scrape from the back of the tongue toward the front, the tool well positioned.

6 Sensitivity & warning signs

Mild sensitivity to hot or cold and slightly tender gums are **normal** during the 1 to 3 days after a scaling.

Your level of discomfort

1	2	3	4	5	6	7	8	9	10

1–3 4–6 7–10

Mild discomfort (1 to 3): normal, it fades on its own. **Moderate to strong (4 to 10)** or lasting more than 3 days: contact the clinic.

Contact the clinic right away if:
bleeding that will not stop, pain that keeps increasing, swelling or fever.

A check-up every 3 to 6 months

To keep your gums healthy, a professional cleaning together with a check-up is recommended every 3 to 6 months. If your follow-up visit isn’t booked yet, we invite you to make an appointment now.

ISSUED BY

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Information sheet — does not replace your dentist’s advice.