

Failing to maintain healthy teeth and gums runs the risk of serious problems that impact your appearance, your emotional well-being and most importantly your physical health. And when you have invested in orthodontic treatment it is vital to 'keep it clean' not only to maximise the results but to ensure you get to enjoy your confident new smile for a very long time to come.



WOW Oral Hygiene

In-house expertise

Richard Gregory, our hygienist/ orthodontic therapist, offers a full scale and polish to all patients whilst in treatment. As an orthodontic therapist he is trained to be able to remove the wires for a complete scale and polish. We have two hygienists and welcome anyone who would like to attend the practice for a scale and polish or oral health advice.

Preventing gum disease

Gum disease describes swelling, soreness or infection of the tissues supporting the teeth. There are two main forms: gingivitis (very red and swollen gums that often bleed easily) and periodontal disease (progression of gingivitis which can lead to bone deterioration and lost teeth). The cause of all gum disease is plaque, the bacteria that forms a film on the teeth. Smoking can make gum disease worse as due to the lack of oxygen in the bloodstream the gums fail to heal. If you are concerned then call your dentist or hygienist. Our hygiene team can assess the situation, even x-ray if necessary and prescribe the correct treatment for you.

Mouth cancer detection

Cancer can occur in the mouth affecting the lips, tongue, cheeks and throat claiming nearly 1700 lives in the UK annually. Yet early detection can save lives. Tobacco and alcohol are the most common causes, and the lips are particularly at risk if overexposed to the sun. It can appear as a painless mouth ulcer that is slow to heal, or a white or red patch. Spotted early the chances of a cure are good, so if in doubt contact your dentist immediately or call us.

And remember...

- Brush your teeth twice a day and floss daily.
- Always stick to the treatment plan and hygiene routine.
- Avoid tea, coffee, fizzy drinks and smoking.
- Keep your regular check-up with your dentist/hygienist.
- Call your dentist for advice if you notice anything unusual.
- Call your dentist if you lose or break a tooth asap.

For more information and videos on this procedure and other orthodontic treatments please visit our website:

www.wellsmile.co.uk/products/

