



Dental Professional (DP) /Tina Conversation

DP: Tina, would you describe for me your daily oral care routine and what you use to take care of your teeth?

Tina: Well, I use a regular toothbrush and always brush first thing in the morning and at night, but sometimes I forget. And, since the last time I was here, I started using the tongue cleaner you told me about, but that's usually just in the morning.

DP: I'm glad to hear that you started using a tongue scraper daily. Let's discuss brushing habits. What do you know about how long you should brush?

Tina: I'm not exactly sure, but I remember, when growing up, it's supposed to be as long as singing your ABC's or something like that (giggles).

DP: Actually, the recommended brushing time is two minutes. And, I wanted to understand your current home care routine because at your last few visits and today I'm seeing inflammation in your gums. The major culprit of inflammation, redness and swelling, is plaque. When plaque builds up around teeth, it begins to infect the gums, and if you don't treat this, it can lead to gingivitis, which is the beginning stages of gum disease. If this is left unresolved, it may lead to bone loss and possibly tooth loss later in life. Now, treating gingivitis is simple, but definitely requires some change in your habits.

DP: In addition to cleaning between your teeth and using the tongue scraper daily, an electric rechargeable toothbrush would also help with plaque control. Would it be okay if I show you one of those?

Tina: Sure. I'd be willing to check one out.

DP: Great! We'll start by applying a small amount of toothpaste. I'd recommend this toothpaste to help with your gingivitis. Also, this toothbrush has a two-minute timer on-board, so you can follow along to get a full two-minutes of brushing time. Hold the brush to your gum line and divide your mouth into four parts. Give each section an equal amount of time. If you pair with the oral B app, you can view the time passing and the app will guide you where you are in the four sections with its position detection feature. You can apply some pressure, but if a red light comes on, you're using too much pressure. But don't worry, you can just move along the surface of your teeth using a gentle hold, spending a few seconds on each tooth. Let the brush do the work as you move it tooth to tooth. Powered toothbrushes like this one, with rotating-oscillating action, remove more plaque than manual toothbrushes.

DP: Now that you've given it a try, what advantages do you see for using an electric rechargeable brush instead of a manual brush?



Tina: Well, I'm on my phone all the time, so this is a helpful way to keep focused when I brush my teeth.

DP: That's a great point. I think we all have our phones next to us anyway, so the technology can help you stay focused and will ensure that you brush for the recommended two-minute time frame. Some of the other things we talked about are that you are going to continue to use the tongue scraper and clean between your teeth daily. We discussed that the cause of the inflammation in your gums is due to the buildup of plaque on your teeth. The electric rechargeable toothbrush that I'm recommending can help reduce the severity of these symptoms before they become bigger concerns. It removes 100% more plaque than a regular manual brush. Tina, is an electric rechargeable toothbrush something you think you'd be willing to use at home?

Tina: Yeah. I actually liked it. I'm definitely willing to give it a try.