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## Oral Hygiene Suggestions

1. Brush your gumline twice daily using a soft bristle toothbrush.
2. Floss between your teeth once daily using the floss of your choice.
3. Use anti-sensitivity toothpaste and avoid tartar control ingredients. Tartar control ingredients tend to make teeth sensitive to cold temperature.
4. The best over-the-counter mouthrinse is *Listerine*. It will kill between 25 and 33% of bacteria above the gumline when used twice daily. The flavored Listerine rinses are as effective as the original formula.
5. We may recommend a number of additional cleaning tools, based upon your individual needs.
6. If you have difficulty brushing effectively, Dr. White recommends the *Braun Plaque Remover* electric toothbrush.
7. Products that are not proven to kill bacteria and contribute to healthy gums include *Plax* and toothpastes containing baking soda and hydrogen peroxide. These toothpastes may not be harmful but should not be considered anti-microbial.
8. Keep in mind, for long-term periodontal health you must maintain good oral hygiene. Make daily oral hygiene a routine.