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HOME CARE

While there are both manual and electric tooth brushes, we find electric are best for our patients. It is very important to brush twice a day, most importantly before bedtime. We also find that most of our patients need help with brushing and flossing.

Cleaning in between the teeth is very important. This is where plaque and food can get trapped causing decay and gum disease if not removed. There are many alternative options that could be used when flossing is difficult. There are floss picks, proxy or go between brushes and water picks/water flossers.

Below is a link to a care guide for caregivers. This is a great reference learning how to help care for a loved one or client.

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Xerostomia, also known as dry mouth, places an individual at very high risk for tooth decay. There are several saliva substitutes on the market, such as Biotene, that are great in helping to control the xerostomia.

Diet is important for many reasons. Sugary and/or acidic beverages that are sipped on are extremely bad for the teeth. Also, hard candies or cough drops that are not - sugarfree, are very bad for the teeth and can cause rampant decay.

Individuals with xerostomia, who are already at high risk for decay, often want to use candies and cough drops which places them at even higher risk for tooth decay.

We Have All Your Dental Needs Covered.