







WHY INTERDENTAL CLEANING MATTERS — AND HOW TO MAKE IT PART OF YOUR DAILY ROUTINE





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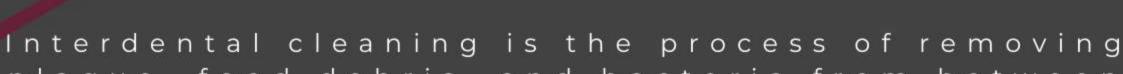


At Charlton Road Dental, we're all about helping you build a strong, healthy smile — and that goes beyond just brushing. While twice-a-day brushing is essential, it's only part of the picture. To truly protect your teeth and gums, you also need to clean between your teeth. That's where interdental cleaning comes in.



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plaque, food debris, and bacteria from between your teeth - the areas your toothbrush simply can't reach. Whether you use dental floss, interdental brushes,

WHAT IS INTERDENTAL CLEANING?

or soft picks, the goal is the same: to prevent plaque buildup that can lead to gum

disease, bad breath, and tooth decay.

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PART OF YOUR HANDS — YOU'RE LEAVING BACTERIA BEHIND. OVER TIME, THIS CAN LEAD TO:

N WHAT HAPPENS IF YOU SKIP IT?

NEGLECTING INTERDENTAL CLEANING IS LIKE WASHING ONLY

· Gingivitis (inflammation of the gums) Bleeding gums • Halitosis (bad breath)

- Tooth decay between the teeth · Advanced gum disease (periodontitis), which can result in
- tooth loss

best!

couple of weeks.

- And the kicker? These problems often start silently, with no pain at first, which is why prevention is so important.

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HOW TO ADD INTERDENTAL CLEANING TO YOUR ROUTINE

GOOD NEWS - YOU DON'T NEED TO OVERHAUL YOUR ENTIRE

DENTAL ROUTINE. A FEW SMALL ADJUSTMENTS CAN MAKE

INTERDENTAL CLEANING A DAILY HABIT:

1. CHOOSE THE RIGHT TOOL

• Dental floss is great for tight spaces. • Interdental brushes come in various sizes and are perfect for wider gaps. Soft picks are gentle and travel-friendly. · Ask us during your next visit which option suits your teeth

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brushing. That way, you remove the plaque before sleeping

— when saliva flow drops and bacteria can do more damage.

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favourite TV show or after lunch — consistency matters more than time of day.

Not a fan of flossing at night? Try doing it during your

3. MAKE IT A HABIT • Leave your floss or brushes somewhere visible — next to your toothbrush or even by your bed. • Use a calendar reminder or set a phone alarm for the first

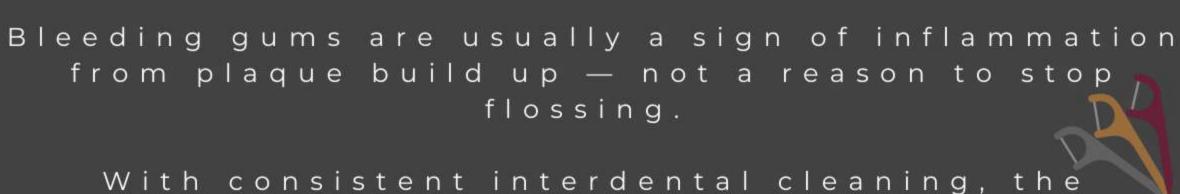
• Be patient! It takes about 2-3 weeks to form a new habit.

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💡 PRO TIP: IF YOUR GUMS BLEED AT FIRST, DON'T

PANIC!



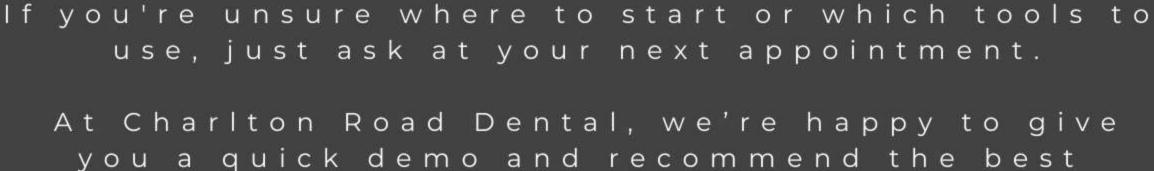
bleeding typically stops within a week or two.

If it continues, be sure to let us know so we can

check for any underlying issues.

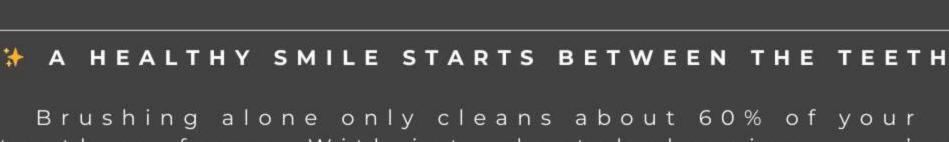
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■■■ WE'RE HERE TO HELP!

products for your smile.



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tooth surfaces. With interdental cleaning, you're covering that crucial 40% and giving your smile

the best chance to stay healthy, bright, and beautiful for life. So go ahead — make interdental cleaning part of your routine. Your gums (and your future self) will thank you!

Need help getting started? Book a visit with our friendly dental team at Charlton Road Dental Practice — we're here to guide you every step of the way.

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