

## Children

Oral care for children involves your direction. Children respond best if cleaning is a fun experience. Our team will spend time with your child helping them to learn about the reasons for caring for their smile. We recommend that children attend 6 monthly examinations so that we can monitor their oral hygiene and development.



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Dr Adam Keyes-Tilley  
& Associates

complete dental care  
ST KILDA RD

Ground Floor, 468 St. Kilda Rd.  
Melbourne, VIC Australia 3004

Tel: +613 9866 1171  
Fax: +613 9821 4112  
Email: [info@cdc.net.au](mailto:info@cdc.net.au)  
Website: [www.cdc.net.au](http://www.cdc.net.au)

**Oral Hygiene**  
Your Options Explained

Dr Adam Keyes-Tilley & Associates

# Oral Hygiene

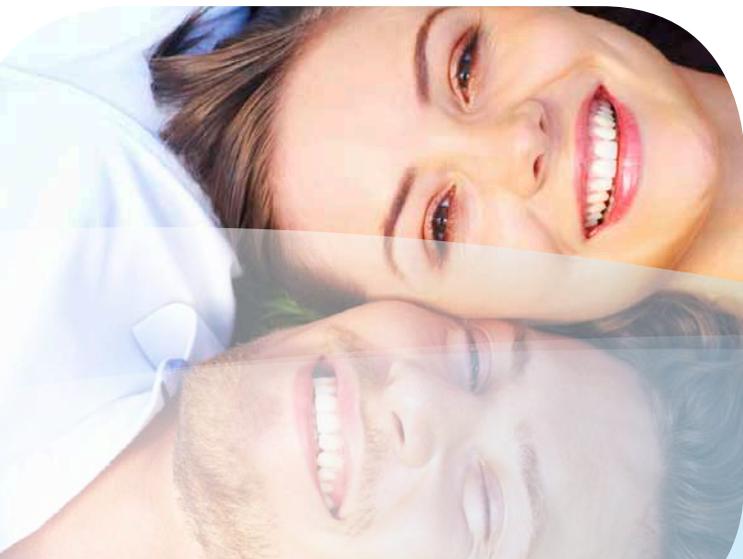
## Your Options Explained

**Caring for your oral health involves an understanding of its importance. This is why we have developed a dedicated hygiene programme as part of our commitment to your care.**

Oral health is a term used to describe the overall health of your mouth which includes teeth, gums, and oral tissues.

In dentistry, you may believe that the most harmful condition that you can suffer is tooth decay. This is partly true but in the majority of cases the most silent and destructive condition is gum disease.

Gum disease is a serious infection which, if left untreated can be just as harmful as decay. Whereby decay can be removed and teeth restored the gums are not as easily repaired and gum tissue cannot be replaced. Your gums are essentially part of the supporting structure for your teeth and a protective barrier for your underlying bone, therefore this tissue must remain in a healthy condition. Only complete oral care can ensure that your teeth are protected from decay and that your gums remain healthy.



### Hygiene Department

Your care and health is one of our main priorities here at CDC. Our hygiene department has been established to provide treatment, advice, direction and support when it comes to caring for and maintaining your smile.

Our hygienists are specially trained professionals; they have completed a tertiary degree in dental hygiene and work closely with you and our dentists to ensure that you understand how important a daily oral care routine is. In addition to this they will provide you with:

- Professional cleaning and scaling
- Dietary analysis of sugar intake and acidic foods
- Dietary instruction
- In office fluoride treatments
- Early caries detection using our laser; Diagnodent
- Remineralisation and healing of early decay lesions
- Treatment of gum infections (gingivitis & periodontitis)
- Regular examination and monitoring for all oral diseases
- Radiographic investigation when required

### Regular Visits

Dependant on your overall health we will generally recommend a full oral examination and professional teeth cleaning to be undertaken every 6 months. At this visit you will be seen by your preferred Complete Care Dental dentists and your hygienist. In some cases we may suggest that you attend 3 or 4 monthly maintenance programmes to monitor your oral health situation.

Accordingly, we will pre-appoint your future visits and kindly remind you a week prior to your visit.

### Oral Care

As easy as you think it is, cleaning your teeth requires a technique. Done correctly you can maintain excellent oral health and prevent many dental problems from occurring in the future.

Some simple steps to help you maintain your smile:

- Carefully brush your teeth and gums twice a day. Use a soft bristled toothbrush with a fluoride toothpaste
- Floss at least once daily. You can use traditional floss or flossetts to help you reach between the back teeth.
- Avoid sugary or acidic foods and drinks. If you must consume these, avoid snacking, therefore reducing the amount of time that these harmful products are in contact with your teeth.

**You can find more information on brushing and flossing on our website at [www.cdc.net.au](http://www.cdc.net.au)**

Hygiene Procedures available at 

- Professional Cleaning & Scaling
- Children's Oral Care
- Dietary Advice
- Oral Health Instruction

