

## ORAL HYGIENE

Please read this information sheet. *If you have any questions, particularly about the treatment or potential side-effects, please ask Professor.*

- Oral hygiene attempts to
  - Clean the teeth: this means more than just whitening
  - Control plaque on the teeth and fight cavities and gingivitis
  - Control tartar (calculus) build-up
- *The most important device is a toothbrush; many are effective*
- *Electric toothbrushes may assist oral hygiene in those with impaired manual dexterity.*
- *Toothpastes are available that offer tooth whitening, plaque control, desensitization, tartar control, and tooth remineralisation.*
- *Toothpastes accredited by the British Dental Association (BDA, 1999) are shown below.*
- *Not all tooth-whitening toothpastes have supporting evidence*
- *Soft toothbrushes and silica-based toothpastes are less abrasive*
- Mouthwashes may have only a transient antiseptic activity
- Chlorhexidine helps control plaque and periodontal disease but binds tannins thus causing tooth-staining from coffee, tea or red wine
- Triclosan also has significant anti-plaque effect
- Listerine has anti-plaque effect, and does not stain teeth but contains alcohol

<i>Characteristic of toothpaste</i>	<i>Main UK trade name</i>
Normal fluoride	Macleans Freshmint/Coolmint
High fluoride	Colgate Triple Cool Stripe
	Colgate Ultra Cavity Protection
	Crest Complete
Low fluoride	Macleans Milk teeth
	Macleans Milk teeth gel
Against sensitivity	Macleans Sensitive
Against gingival disease/caries/tartar	Colgate Total
	Crest Complete
Whitening	Macleans Whitening Toothpaste

## Main anti-plaque mouthwashes

<i>Main UK trade name</i>	<i>Main contents</i>	<i>Comments</i>
Corsodyl	Chlorhexidine	may cause tooth-staining
Listerine	Thymol, eucalyptol, methyl salicylate, menthol	contains 26.9% alcohol
Colgate Total Plax	Triclosan with a copolymer	

*A patient has the right under common law to give or withhold consent to medical examination of treatment. This is one of the basic principles of health care. Patients are entitled to receive sufficient information in a way they can understand about the proposed treatments, the possible alternatives and any substantial risk or risks which may be special in kind or magnitude or special to the patient, so that they can make a balanced judgement. (UK Health Dept. 19.2.99. HSC 1999/031)*

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