

# Dr. Foster Smiles

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## Clean the "In-Between"



<http://SmilesByDrBob.com>



## The Between may not be Clean if you Don't Use the String

Electric Flossing tools can promote healthy dental hygiene. Water Pik and Sonicare AirFloss are two of them. WaterPik and other water flossers use a continuous stream of water, while Air Flossers rely on the blast or air rather than the micro-droplets of water delivered with the air. As a result, some dentists believe it removes more plaque than the air flosser and is more effective in reducing gingivitis.



Using the Air Flosser is quite simple. First, the guide on the tip of the air flosser directs you along to the spaces between your teeth. Then, you click for the blast of air and micro-droplets of water to do its work. You can air floss your whole mouth in just half a minute.

Patients with braces or fixed bridges benefit from a water or air flosser because those tools can loosen the debris that string floss is difficult to reach. Additionally, these instruments are great for preventing gum disease; they clean gum pockets that floss may be unable to get. They serve a need specifically for gum health that traditional floss does not fulfill.

Many patients wonder if an air flosser or water flosser can replace manual string flossing or even brushing (!) However, most dentists and dental hygienists still value regular string flossing. They recommend string flossing even with an air or water flosser. String flossing physically scrapes the tooth to remove plaque; no other technology can beat that scraping motion.



Of course, the best flossing tool will be the one you will actually use daily. But, all professionals agree that neither the water nor the air flosser takes the place of a toothbrush.

Sources and Credits: WaterPik, Phillips Sonicare, American Dental Association.com, Self.com, Mouthhealthy.org, Verywellhealth.com Web MD., Mayo Clinic.com, smilesarasota.com/string-water-or-air/

*These are a few of my recent dental smile makeovers.*

*Call for your free consultation.*



Before



After

Tetracycline use as a young child caused unsightly stains on her permanent front teeth. Veneers gave her the beautiful smile she wanted.

[SmileByTheBay.com](http://SmileByTheBay.com)



Before



After

This patient wanted to close the space he inherited at birth.



Before



After

Smile Reshaping by replacing an old Maryland Bridge with an implant restoration on patient right and a veneer to bring out the inward facing tooth on patients left.



## Healthy Snacks for School



### More Ideas

Unsweetened Applesauce or dried fruit

Popcorn

Whole Grain Bread and peanut butter

Whole grain cereal bars

Yogurt

Low Fat Cheese

Frozen Grapes

Ants on a Log: Peanut butter on Celery sticks with raisins on the top for the "ants".

Avoid sugary drinks : soda and fruit drinks