

When to get a new brush

The single-row toothbrush offered with this pamphlet has spiral bristles that hold their shape and remove bacterial plaque effectively. It's time to replace it when the bristles splay.



※To buy a new brush, search "Rakuten Dentstar EX single row" on the Internet. You also can buy it from Amazon.

Free dental checkups are available

Free dental checkups are available through the Dental Checkup Center. Periodic dental checkups are recommended even for those who have not noticed any particular symptoms in addition to those who have oral health concerns. Prevention and early detection are vital to fighting cavities and periodontal disease.



<https://ee-kenshin.com/m/flow1/>

Use Clintal to find a dental clinic

Insured persons and their family members can use the Clintal app to search for hospitals suited to their own mental and physical concerns or symptoms. You also can use it to search for dental clinics suited to your individual dental and oral concerns, free of charge. Be sure to take advantage of this opportunity.

Professional support enables effective self care!

Cavity check
Gums check
Plaque and tartar removal
Checking for oral disease



<http://www.pwc-kenpo.jp/member/health/clintal.html>



🦷 No Teeth, No Life!



Single-row toothbrush



🦷 What is a single row toothbrush?

Use it after regular tooth brushing in hard-to-polish areas and periodontal pockets!

🦷 How to use

- Caring for periodontal pockets
- Brushing in between teeth
- When to get a new brush

PwC Health Insurance Society



What is a single row toothbrush?

Use it after regular tooth brushing in hard-to-polish areas and periodontal pockets!

The single-row toothbrush is not intended for brushing your teeth. Instead, it was developed to clean in between teeth and in periodontal pockets. The focus of oral care is shifting from standard tooth brushing to the concept of plaque control. It now is widely known that oral care can help to prevent various lifestyle-related conditions and illnesses, including diabetes. Oral care also is attracting attention as a way to prevent infection by viruses such as influenza and coronavirus.

Some ways of removing plaque that cannot be removed completely using traditional toothbrushes include dental floss, interdental brushes, and tuft brushes. Like these, a single-row toothbrush is used finish up your oral care after regular tooth brushing. Use it as shown on the page at right.

How to use

Use to finish up oral care after brushing with your regular toothbrush.

(It's particularly effective for oral care before sleep)



Caring for periodontal pockets

Brush at a 45° angle (Bass brushing method)

Gradually and gently massage the periodontal pockets along the boundary between teeth and gums at a 45° angle using the single-row toothbrush. (Those with hypersensitivity should avoid use. There is no need to apply strong pressure.)



Tooth brushing can miss some spots that are hard to notice!

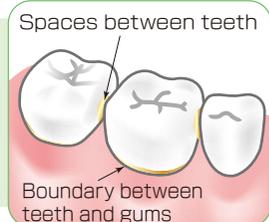
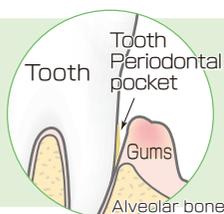
Teeth have complex structures. Even if we think we are brushing properly, we can expect to miss some spots.



Applying dye to the teeth shows the spots missed.

[Spots most susceptible to plaque buildup]

- Periodontal pockets
- Interdental gaps (spaces between teeth)
- The boundary between teeth and gums



Plaque is home to numerous bacteria that cause periodontal disease and cavities. Use a single-row brush to remove plaque.

Brushing in between teeth

Hold the toothbrush vertically, lightly gripping the middle of the brush with the index and middle fingers, and brush in between the teeth. A short grip on the handle makes the brush more stable. (You can brush effectively by slightly changing the angle.)



Gently insert the bristles between the teeth and brush a little at a time.