

ORAL SWABS



Oral swabs are not a replacement for regular toothbrushing!



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Benefits of the brush...



A soft toothbrush removes the plaque and stimulates the gums



Toothbrushes dipped in non-alcoholic mouth rinse can kill bacteria that cause bad breath, pneumonia and many other diseases



Toothbrushes are safe and effective for removing debris and plaque from all oral tissues, including the tongue, palate, cheeks and teeth



The bristles stimulate the tissues in the mouth to initiate natural healing

★ **Swabs lack the mechanical action of a toothbrush and do not meet criteria for safe & effective oral hygiene**

★ **Oral swabs can be useful to:**

- ★ *remove pocketed food prior to brushing, or*
- ★ *moisten a dry mouth*

★ **The spongy tip is:**

- ★ *too soft to stimulate the gums or to remove plaque from the surfaces of teeth*
- ★ *likely to push debris around the mouth*
- ★ *small enough to be a choking hazard so exercise caution*



LEMON GLYCERIN SWABS:

- ➔ Lemon glycerin swabs are no longer recommended due to their high levels of acidity
- ➔ The citric acid in lemon glycerin swabs was thought to increase saliva flow but new research shows citric acid actually dries out the tissues in the mouth
- ➔ The acidity in lemon glycerin swabs contributes to the erosion of tooth enamel & irritation of mouth tissues
- ➔ When acidic swabs are used on broken or cut tissues it can be painful
- ➔ There is no actual cleaning product in the acidic solution

REFERENCES

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