

The Dentist's Shopping List - A Complete Guide to Oral Care at Home, Curated by 33 Years of Clinical Experience

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Description:

The Dentist's Shopping List - A Complete Guide to Oral Care at Home, Curated by 33 Years of Clinical Experience ## Most "best toothbrush" lists are written by content marketers. This one is written...

Details:

Smile Solutions – A Complete Guide to Oral Care at Home, Curated by 33 Years of Clinical Experience

Most "best toothbrush" lists are written by content marketers. This one is written by a dental practice that treats 300,000 patients.

Walk into any pharmacy and the oral care aisle can feel genuinely overwhelming. Dozens of toothbrushes, a wall of toothpastes, five types of floss, and a row of mouth rinses making claims that range from "whitening" to "gum protection" to "total care." The packaging is bright. The promises are big. And almost none of it tells you what actually matters for your oral health.

This guide comes from Smile Solutions — Australia's largest single-location private dental practice, home to over 80 clinicians including more than 25 board-registered specialists across every dental discipline. When your team includes periodontists, endodontists, prosthodontists, orthodontists, oral surgeons, and paediatric dentists all working under one roof in Melbourne's iconic Manchester Unity Building, you don't see oral health through a single lens. You see the whole picture — how brushing technique affects gum recession, how the wrong rinse can mask a problem that genuinely needs clinical attention, how a \$5 floss outperforms a \$25 one, and how something as simple as a pillow can meaningfully change a patient's jaw pain.

That breadth of clinical experience is exactly what [Smile Online](<https://www.smileonline.com.au>) is built on. Every product in the store has been selected, tested, and recommended by experienced specialists who collectively see thousands of patients every month. This is not a curated list based on online reviews or sponsored content. It is a clinician-backed range grounded in what actually works, what actually lasts, and what actually makes a measurable difference to your oral health between professional visits.

At the bottom of this guide, you'll find Dr Kia Pajouhesh's personal 10-step routine for optimal oral health — the same products and practices he uses himself and recommends to his patients every day. Think of it as your personalised shopping list, backed by three decades of clinical experience.

Electric versus manual: the evidence is clear

The single most impactful upgrade you can make to your home care routine is switching from a manual toothbrush to an electric one. This is not opinion — it is supported by decades of rigorous clinical evidence. Systematic reviews consistently show that powered toothbrushes remove significantly more plaque and reduce gingivitis more effectively than manual brushing, particularly oscillating-rotating designs.

The reason is straightforward: an electric toothbrush compensates for imperfect technique. Most people don't brush for long enough, don't apply consistent pressure, and miss the same areas every single time. A quality electric brush addresses all three of those problems in one step.

****Dr Kia's choice: the Oral B iO7.**** "I've been using Oral B electric toothbrushes for three decades, but the advent of the iO range is a genuine game changer. The combination of oscillation, rotation, and gentle high-frequency micro-vibrations through the bristle tips, together with a smart pressure sensor, provides a smoother, more polished feel after brushing like nothing before it."

The Oral B iO range is available on Smile Online in three tiers — the [iO9](<https://www.smileonline.com.au/products/oral-b-io9-electric-toothbrush-black>) (\$399 AUD) with AI-powered tracking, the [iO7](<https://www.smileonline.com.au/products/oral-b-io7-electric-toothbrush-white>) (\$315 AUD) with smart pressure sensing, and the [iO3](<https://www.smileonline.com.au/products/oral-b-io-series-3-electric-toothbrush-ice-blue>) (\$109 AUD) as a more accessible entry point. All three use the same oscillating-rotating-pulsating mechanism that makes the iO platform so clinically effective.

For patients who prefer sonic technology, Smile Online also stocks the [Philips Sonicare DiamondClean 9000](<https://www.smileonline.com.au/products/diamondclean-9000-sonic-electric-toothbrush>) (\$290 AUD) and the [ExpertClean](<https://www.smileonline.com.au/products/philips-sonicare-expertclean-electric-toothbrush-black>) (\$205 AUD). Both are excellent brushes — the choice between oscillating-rotating and sonic technology often comes down to personal preference. What matters is that both outperform manual brushing, consistently and significantly.

****For children,**** Smile Online carries the [Sonicare Kids Connected](<https://www.smileonline.com.au/products/sonicare-for-kids-connected>) (\$79 AUD) with an interactive app that builds positive brushing habits early, and the [Oral B Kids Vitality](<https://www.smileonline.com.au/products/oral-b-kids-vitality-spiderman-power-brush-3-plus>) range (\$39 AUD) featuring characters that make brushing genuinely fun for younger children.

If you prefer a manual brush, the key principle remains the same: always soft bristles. The [Colgate UltraSoft Premium](<https://www.smileonline.com.au/products/colgate-ultrasoft-premium-manual-toothbrush>) (\$3 AUD) and the [TePe Universal Care](<https://www.smileonline.com.au/products/tepe-universal-care-toothbrush>) (\$5.50 AUD) are both excellent choices that your Smile Solutions clinician would be happy to recommend.

Soft bristles, warm water: the car wash principle

Regardless of whether you choose electric or manual, bristle selection matters far more than most people realise. Smile Solutions clinicians universally advocate for soft bristles used with warm water — and the reasoning is elegantly simple.

Dr Kia puts it this way: "We don't wash our cars with a scouring brush and cold water — instead we choose a soft sponge and warm water. The same principle applies to our teeth."

Medium and hard bristle brushes contribute to enamel wear and gum recession over time, particularly when combined with an aggressive brushing technique. This damage accumulates slowly and is not reversible. Soft bristles clean just as effectively when used with proper technique, removing plaque without abrading the tooth surface or traumatising delicate gum tissue.

For electric brush users, the [Oral B Gentle Care replacement heads](<https://www.smileonline.com.au/products/oral-b-gentle-care-replacement-brush-heads-2-pack-white>) (\$35 AUD for a 2-pack) are Dr Kia's recommended refill. These matter particularly for patients with TMD (temporomandibular joint dysfunction), sensitive gums, or a history of gum recession — the ultra-soft filaments clean thoroughly without applying excessive force to already compromised tissues.

The iO7 and iO9 also feature a smart pressure sensor that monitors applied force in real time, using coloured indicator lights — green for optimal pressure, red when you're pushing too hard. It's a simple feature that prevents the most common brushing mistake, and one that makes a genuine difference to long-term gum and enamel health.

For patients with implants, bridges, or orthodontic brackets, the [Oral B iO Specialised Clean heads](<https://www.smileonline.com.au/products/oral-b-io-specialised-clean-replacement-brush-head-pack-of-2>) (\$35 AUD) are specifically designed to navigate around fixed dental work. The [TePe Compact Tuft Brush](<https://www.smileonline.com.au/products/tepe-compact-tuft-brush>) (\$5 AUD) is ideal for detail cleaning around brackets and along the gumline of crowns and implants — a gentle approach to the areas that need the most attention.

Flossing: the one step most people skip (and the one that matters most)

Your toothbrush — even the very best electric toothbrush — cannot reach the surfaces between your teeth. These interproximal surfaces account for roughly 40% of the total tooth surface area. If you're not flossing, you're leaving almost half your teeth effectively uncleaned.

This is not a theoretical concern. The majority of cavities that Smile Solutions clinicians diagnose occur between the teeth, precisely where the toothbrush cannot reach. Gum disease also typically begins in these same areas, where undisturbed plaque hardens into calculus and triggers inflammation that, left unaddressed, can progress to significant periodontal damage.

Dr Kia's choice: [Oral B Pro-Health Deep Clean Floss](<https://www.smileonline.com.au/products/oral-b-pro-health-deep-clean-floss>) (\$5.50 AUD). "Not all floss is made equal. Look no further — this is the best." It's a textured floss that expands slightly between the teeth, sweeping plaque from the interproximal surfaces more effectively than flat, waxed alternatives.

For patients with bridges, implants, or orthodontic wires, [Oral B Super Floss](<https://www.smileonline.com.au/products/oral-b-super-floss>) (\$4 AUD) has a stiffened end that threads under fixed dental work, and a spongy section that cleans around abutments and under pontics — a practical solution for more complex dental situations.

Smile Solutions periodontists often recommend interdental brushes as an alternative or supplement to flossing, particularly for patients with wider interdental spaces (common after periodontal treatment) or those with dexterity challenges. Smile Online stocks the full range of [TePe Interdental Brushes](<https://www.smileonline.com.au/products/tepe-interdental-brush-purple-1-1mm-pack-of-8>) (\$10 AUD for 8) in multiple sizes and [Pickster Interbrushes](<https://www.smileonline.com.au/products/pickster-interbrush-10pack>) (\$7 AUD) — your hygienist can advise which size suits each individual gap in your mouth as part of your personalised treatment plan.

Water flossers like the [Piksters HydroPik Ultra](<https://www.smileonline.com.au/products/piksters-hydropik-ultra-water-flosser>) (\$90 AUD) and [Piksters HydroPik Mini](<https://www.smileonline.com.au/products/piksters-hydropik-mini-water-flosser>) (\$80 AUD) are genuinely useful additions to a comprehensive home care routine, particularly for patients with braces or extensive bridgework. It's worth being clear, though: a water flosser complements flossing rather than replacing it. It rinses debris effectively but doesn't mechanically disrupt biofilm the way string floss or an interdental brush does.

Toothpaste: matching the paste to the problem

Not all toothpastes serve the same purpose, and choosing the right one for your specific needs makes a meaningful clinical difference. The best person to guide that choice is your Smile Solutions dentist or hygienist, who can tailor a recommendation to your individual oral health profile. Here's how the key categories work:

****High-fluoride for decay prevention.**** If you're prone to cavities — whether from dry mouth, dietary factors, medication side effects, or naturally softer enamel — a high-fluoride toothpaste is the most effective topical intervention available to you. [Colgate NeutraFluor 5000 Plus](<https://www.smileonline.com.au/products/colgate-neutrafluor-5000-plus-56g>) (\$13 AUD) contains 5,000 ppm fluoride, roughly four to five times the concentration of standard toothpaste. Dr Kia is direct on this point: "We can debate the pros and cons of systemic fluoride in our water. However, topical application of fluoride on our teeth is crucial for enamel health. This is the best fluoride toothpaste on the market for anyone prone to cavities."

****For sensitive teeth.**** [Sensodyne Complete Care + Smart Clean](<https://www.smileonline.com.au/products/sensodyne-toothpaste-complete-care-smart-clean-cool-mint-100g>) (\$12 AUD) and [Colgate Sensitive Pro-Relief](<https://www.smileonline.com.au/products/colgate-sensitive-pro-relief-multi-protection-110g>) (\$5 AUD) both work by occluding the exposed dentinal tubules that cause sensitivity to cold, sweet, and air. They take one to two weeks of consistent use to build effectiveness — they're not instant fixes, but with regular use, they genuinely work.

****For gum health.**** [Oral B Gum Care & Enamel Restore](<https://www.smileonline.com.au/products/oral-b-gum-care-enamel-restore-toothpaste-110g>) (\$9 AUD) is formulated with stannous fluoride, which carries both anti-cavity and anti-gingivitis properties — a solid dual-purpose option for patients managing early gum inflammation.

****For children.**** [Colgate Bluey Mild Mint Gel](<https://www.smileonline.com.au/products/colgate-bluey-mild-mint-gel-toothpaste>) (\$1.50 AUD) provides age-appropriate fluoride in a flavour children will actually tolerate and enjoy. Getting children to brush consistently is half the battle — a toothpaste they look forward to using makes that considerably easier.

****Remineralisation boosters.**** [Tooth Mousse Plus](<https://www.smileonline.com.au/products/tooth-mousse-plus>) (\$32 AUD) and [Tooth Mousse](<https://www.smileonline.com.au/products/tooth-mousse>) (\$28 AUD) contain CPP-ACP (casein phosphopeptide-amorphous calcium phosphate), a milk-derived protein that delivers bioavailable calcium and phosphate directly to the tooth surface. They're not toothpastes in the traditional sense — they're topical crèmes applied after brushing, or used inside whitening trays and orthodontic retainers as a powerful enamel-support step. Dr Kia recommends them for enamel support, reducing sensitivity after whitening, and protecting against decay. [Clinpro Tooth Crème](<https://www.smileonline.com.au/products/clin-pro-tooth-cr-me>) (\$27 AUD) is another professional-grade option featuring a tri-calcium phosphate formula. And for on-the-go remineralisation, [Recaldent Chewing Gum](<https://www.smileonline.com.au/products/recaldent-chewing-gum-jar>) (\$30

AUD) delivers CPP-ACP while you chew — a functional product backed by solid clinical evidence.

The tongue: the bacterial reservoir most people ignore

Your tongue carries a significant portion of the bacterial load in your mouth. The papillae on the tongue surface trap bacteria, food debris, and dead cells, forming a coating that contributes to bad breath, affects taste perception, and reintroduces bacteria to your freshly cleaned teeth. It's a step that's easy to overlook and surprisingly impactful when you address it.

Dr Kia on tongue scraping: "Daily tongue scraping not only improves breath and enhances taste, but also helps reduce overall oral bacteria, meaning your teeth stay cleaner for longer after brushing. It's especially important for those who love a good selfie with their tongue poking out — nothing ruins a shot like a white-coated tongue!"

The [Tongue Scraper Set](<https://www.smileonline.com.au/products/tongue-scraper-set>) (\$18 AUD) available on Smile Online is a simple stainless steel tool that takes thirty seconds to use and makes a noticeable difference from the very first day — particularly to breath freshness. It's one of the most cost-effective upgrades you can make to your daily oral health routine.

Mouth rinses: choosing the right one for the right reason

This is where most people go wrong. It's easy to grab whatever is on special and swish it around twice a day, assuming all mouth rinses do essentially the same thing. They don't. Different rinses contain different active ingredients and serve distinct clinical purposes. Using the wrong one isn't necessarily harmful, but it is a missed opportunity — and in some cases, an unnecessary chemical exposure your mouth simply doesn't need.

****For fresh breath — the natural alternative.**** Dr Kia's favourite product across the entire Smile Online range is the [Biosure Ozone Tumbler + Sprayer](<https://www.smileonline.com.au/products/biosure-ozone-tumbler>) (\$500 AUD). It generates ozonated water on demand — a natural antimicrobial that eliminates bacteria on contact without any of the synthetic chemicals found in conventional mouth rinses. "Ozonated water allows me to do away with all the chemical-based daily mouth rinses for fresh breath. I also gargle with it to ward off cold and flu infections, and since I've had this unit, I've avoided any nasty mouth ulcers. At the earliest sign of an ulcer, a couple of rinses with ozonated water, and the ulcer is no more." It's a meaningful investment, but if you reach for a mouth rinse every day, this replaces all of them for breath freshness and general oral antimicrobial maintenance.

****For decay prevention.**** [Colgate NeutraFluor 220 Daily Fluoride Rinse](<https://www.smileonline.com.au/products/neutrafluor-220>) (\$12 AUD) is an alcohol-free fluoride rinse designed for daily use by patients at elevated risk of cavities. It delivers 220 ppm fluoride in a form that coats tooth surfaces after brushing, providing an additional layer of remineralisation support. This is the rinse your Smile Solutions dentist means when they say "use a fluoride rinse" — not a cosmetic mouthwash, but a targeted fluoride delivery system with a clear clinical purpose.

****For gum disease.**** When your Smile Solutions dentist or periodontist prescribes a chlorhexidine rinse, they are specifically targeting the bacteria that cause periodontal disease. [Colgate Savacol Antiseptic Rinse](<https://www.smileonline.com.au/products/savacol-mouth-rinse>) (\$10 AUD) contains 0.2% chlorhexidine gluconate — the gold standard antiseptic in dentistry. [Curasept Rinse](<https://www.smileonline.com.au/products/curasept-rinse-200ml>) (\$15 AUD) is a chlorhexidine formulation with an anti-discolouration system that reduces the staining associated with prolonged chlorhexidine use. Both are intended for short-term, targeted use under clinical guidance — not as everyday rinses. [Curasept Gel](<https://www.smileonline.com.au/products/curasept-gel>) (\$16 AUD)

provides the same chlorhexidine protection in a topical gel form, useful for applying directly to inflamed areas with precision.

****For healing after surgery or extraction.**** [Colgate Peroxyl Oral Cleanser](<https://www.smileonline.com.au/products/peroxyl>) (\$11 AUD) contains hydrogen peroxide, which gently oxygenates and cleanses oral wounds. It is commonly recommended after extractions, periodontal surgery, or oral ulceration to promote healing and keep the area clean without mechanical disruption.

****For general freshness.**** [Colgate Plax Freshmint](<https://www.smileonline.com.au/products/colgate-plax-freshmint-mouthwash>) (\$3 AUD) is a CPC-based antibacterial rinse for everyday freshness. It's not a clinical product, but it does provide a degree of antibacterial activity and is a reasonable option for someone who wants a conventional rinse without a specific clinical need.

Keeping your dental appliances clean

If you wear a night splint, Invisalign aligners, orthodontic retainers, whitening trays, or any removable oral appliance, hygiene is not optional — it's essential. An appliance that sits against your teeth for hours at a time whilst harbouring bacteria is actively working against your oral health, undoing the very care you're putting into your daily routine.

****Dr Kia's choice: the [Ultrasonic UV Cleaner](<https://www.smileonline.com.au/products/ultrasonic-uv-cleaner>)**** (\$59 AUD). "These units are all over social media, and I love mine. Keeping your oral appliances squeaky clean reduces the bacterial load in your mouth. I use mine for home whitening trays, night splint, and all the jewellery around the house. It's an absolute must for Invisalign aligners and retainers."

The Ultrasonic UV Cleaner uses high-frequency sound waves to dislodge debris from the surface and interior crevices of appliances, combined with UV-C light for thorough disinfection. It is far more effective than soaking alone, and infinitely more thorough than brushing an appliance with a toothbrush — which can scratch the surface and inadvertently create more bacterial harbourage over time.

Smile Online also carries [Pul Aligner Cleaning Tablets](<https://www.smileonline.com.au/products/pul-aligner-cleaning-tablets-30-pack>) (\$20 AUD for 30) for daily effervescent cleaning and [Retainer Refresher](<https://www.smileonline.com.au/products/retainer-refresher>) (\$10 AUD) spray for on-the-go freshening between full cleans.

For patients using ozonated water via the Biosure Tumbler, soaking your appliance in ozonated water before placing it in your mouth adds another layer of antimicrobial protection — a simple extra step that fits naturally into your broader oral health routine.

TMD and jaw health: what you can do at home

Temporomandibular joint dysfunction — jaw pain, clicking, locking, headaches, and teeth grinding — is one of the most common conditions Smile Solutions treats, and one where thoughtful home care makes a significant difference alongside clinical treatment. The TMD and Sleep Apnoea Clinic at Smile Solutions, led by Dr Kia Pajouhesh, uses EMG diagnosis and a comprehensive multidisciplinary approach to care for these conditions. But the products patients use at home between appointments are an important and active part of the treatment plan.

****Heat therapy.**** Moist heat applied to the muscles of mastication promotes blood flow, relaxes muscle fibres, and reduces pain. Smile Online stocks heat packs in three sizes —

[Triple](<https://www.smileonline.com.au/products/triple-heat-pack>) (\$45 AUD), [Medium](<https://www.smileonline.com.au/products/medium-heat-pack>) (\$30 AUD), and [Small](<https://www.smileonline.com.au/products/heat-pack>) (\$12 AUD) — designed to contour comfortably around the jaw and temple area. Regular application of moist heat, particularly in the evening and upon waking, is one of the simplest and most effective self-management strategies for TMD you can incorporate into your daily routine.

****Sleep posture.**** The position you sleep in directly affects your jaw. Side sleeping and stomach sleeping both create asymmetric loading on the TMJ that accumulates night after night. The [Eclipse Pillow](<https://www.smileonline.com.au/products/eclipse-pillow>) (\$129 AUD) is specifically designed to support proper head, neck, and jaw alignment during sleep, reducing the mechanical stress on the joint overnight.

****Myofunctional training.**** For patients whose TMD involves tongue posture dysfunction or mouth breathing, the [Myo Munchee](<https://www.smileonline.com.au/products/myo-munchee>) (\$105 AUD) is a silicone chewing device that retrains the muscles of the face and tongue through guided exercise. [Myospots](<https://www.smileonline.com.au/products/myospots>) (\$55 AUD) are dissolvable pads placed on the palate that encourage correct tongue resting position — a deceptively simple intervention that addresses a root cause of many TMD presentations, and one your Smile Solutions clinician can guide you through as part of your personalised treatment.

At-home whitening: the right formula for the right staining

Smile Solutions was one of the first dental practices in Australia to introduce teeth whitening over three decades ago, and Dr Kia continues to advocate for home whitening as a safe and effective way to maintain a brighter smile between professional treatments. The key is matching the active ingredient to the type of discolouration you're addressing — and that's where clinical guidance makes all the difference.

****[Pola Day At-Home Whitening Kit](<https://www.smileonline.com.au/products/pola-day-at-home-whitening-kit>)**** (\$95 AUD) contains hydrogen peroxide, which works best on yellow and orange-toned staining — the most common type caused by tea, coffee, red wine, and age-related yellowing.

****[Pola Night At-Home Whitening Kit](<https://www.smileonline.com.au/products/pola-night-at-home-whitening-kit>)**** (\$95 AUD) contains carbamide peroxide, which breaks down more slowly and works better on grey and brown-based discolouration — often caused by tetracycline antibiotics, developmental enamel defects, or deeper intrinsic staining.

Both are applied using custom trays fabricated by your Smile Solutions dentist and used daily, with rest days as needed if sensitivity occurs. Applying [Tooth Mousse](<https://www.smileonline.com.au/products/tooth-mousse-plus>) in your whitening trays on rest days actively supports enamel health and reduces sensitivity between whitening sessions — a small step that makes the overall whitening experience more comfortable and effective.

See what you are missing: disclosing solution

Think your brushing is thorough? Test it. [Plaque Two Tone Disclosing Solution](<https://www.smileonline.com.au/products/plaque-two-tone-disclosing-solution-30ml>) (\$30 AUD) stains plaque two distinct colours — pink for fresh plaque and blue for mature plaque that has been accumulating for more than 48 hours. It's an eye-opening exercise that reveals exactly where your brushing technique is falling short and helps you target those areas with precision going forward.

Smile Solutions dental hygienists use disclosing solution regularly in clinical practice as part of evidence-based oral hygiene instruction. Using it at home once a month is one of the most effective ways to audit and improve your brushing — particularly for children learning to brush independently and developing the habits that will serve them for life.

The professional partner: why AirFlow changes everything

The best home care routine in the world does not replace professional cleaning — it extends the benefit between visits. And the professional cleaning you receive at Smile Solutions is not the same as what most practices offer.

Smile Solutions uses the AirFlow Prophylaxis Master for professional cleans — a system that combines pressurised air, warm water, and fine biocompatible powder to remove plaque, biofilm, and staining more comfortably and effectively than traditional hand scaling or ultrasonic scaling alone. It reaches into pockets, around orthodontic brackets, and into fissures that conventional instruments cannot access as gently — delivering a level of comprehensive care that patients consistently describe as transformative.

Dr Kia experienced AirFlow technology for the first time at a conference in Germany and ordered over a dozen units for the Smile Solutions hygiene team within days. "Once you've had your teeth professionally cleaned with AirFlow, you'll understand exactly what I mean."

The combination of thorough home care and regular AirFlow-based professional hygiene at Smile Solutions — right here in Melbourne's Manchester Unity Building — is the most effective strategy for long-term oral health. One without the other leaves gaps that compound over time. Together, they represent a genuinely world-class approach to keeping your smile healthy for life.

Dr Kia's 10-step guide to optimal oral health

Dr Kia Pajouhesh has been practising dentistry for over three decades. He has worked alongside every dental specialty, treated tens of thousands of patients personally, and seen what truly works over the long term. His personal 10-step routine is available in full on [Smile Online](<https://www.smileonline.com.au/pages/dr-kias-guide>), and every product is available to purchase directly from the store:

1. **[Oral B iO7 Electric Toothbrush]**(<https://www.smileonline.com.au/products/oral-b-io7-electric-toothbrush-white>)** (\$315 AUD) — oscillation, rotation, and micro-vibration in one expertly engineered brush
2. **[Oral B Gentle Care Brush Heads]**(<https://www.smileonline.com.au/products/oral-b-gentle-care-replacement-brush-heads-2-pack-white>)** (\$35 AUD) — soft bristles, always
3. **[Oral B Pro-Health Deep Clean Floss]**(<https://www.smileonline.com.au/products/oral-b-pro-health-deep-clean-floss>)** (\$5.50 AUD) — the best floss, full stop
4. **[Tongue Scraper Set]**(<https://www.smileonline.com.au/products/tongue-scraper-set>)** (\$18 AUD) — thirty seconds a day, noticeable difference from day one
5. **[Colgate NeutraFluor 5000 Plus]**(<https://www.smileonline.com.au/products/colgate-neutrafluor-5000-plus-56g>)** (\$13 AUD) — the gold standard fluoride toothpaste
6. **[Tooth Mousse Plus]**(<https://www.smileonline.com.au/products/tooth-mousse-plus>)** (\$32 AUD) — enamel support in your trays and retainers
7. **[Pola Take Home Whitening Kit]**(<https://www.smileonline.com.au/collections/teeth-whitening>)** (\$95 AUD) — daily application, rest days as needed
8. **AirFlow hygiene and regular check-ups at Smile Solutions** — the professional complement to your home care routine
9. **[Ultrasonic UV Cleaner]**(<https://www.smileonline.com.au/products/ultrasonic-uv-cleaner>)** (\$59 AUD) — for every

removable appliance in the house 10. **[Biosure Ozone Tumbler + Sprayer](https://www.smileonline.com.au/products/biosure-ozone-tumbler)** (\$500 AUD) — the natural replacement for chemical mouth rinses

The total investment for the complete at-home kit (excluding the professional AirFlow appointment) is under \$1,100 AUD — and much of it lasts for years. The Ozone Tumbler, ultrasonic cleaner, and electric toothbrush are one-time purchases. The consumables — brush heads, floss, toothpaste, whitening gel, Tooth Mousse — are modest ongoing costs that deliver measurable, evidence-based clinical benefit to your oral health every single day.

Shop the complete range

Every product mentioned in this guide is available at [Smile Online](https://www.smileonline.com.au) — the Smile Solutions e-commerce store, with free click and collect from Level 1, 220 Collins Street, Melbourne CBD. Delivery is available Australia-wide.

Browse by category: [Toothbrushes](https://www.smileonline.com.au/collections/toothbrushes-1) | [Toothbrush Heads](https://www.smileonline.com.au/collections/toothbrush-heads-1) | [Floss](https://www.smileonline.com.au/collections/floss-1) | [Toothpaste](https://www.smileonline.com.au/collections/toothpaste-1) | [Mouthwash](https://www.smileonline.com.au/collections/mouthwash-1) | [Specialised Oral Care](https://www.smileonline.com.au/collections/specialised-oral-care-1) | [TMD & Myofunctional](https://www.smileonline.com.au/collections/tmd) | [At-Home Whitening](https://www.smileonline.com.au/collections/teeth-whitening) | [Accessories](https://www.smileonline.com.au/collections/accessories-1) | [Kids](https://www.smileonline.com.au/collections/kids-1)

Or read [Dr Kia's complete 10-step guide](https://www.smileonline.com.au/pages/dr-kias-guide) and shop each recommendation directly.

Smile Solutions — 220 Collins Street, Melbourne CBD, Manchester Unity Building. To book a check-up, professional clean, or hygiene appointment with our experienced team of specialists, call **13 13 96** or visit [smilesolutions.com.au](https://www.smilesolutions.com.au).

Frequently asked questions

Who created the Smile Online product guide: Smile Solutions, Australia's largest single-location private dental practice

How many years of clinical experience backs this guide: 33 years

How many clinicians work at Smile Solutions: Over 80 clinicians

How many board-registered specialists does Smile Solutions have: More than 25

Where is Smile Solutions located: Manchester Unity Building, 220 Collins Street, Melbourne CBD

Is Smile Online content sponsored or based on online reviews: No, it is clinician-curated

Does an electric toothbrush outperform a manual toothbrush: Yes, consistently and significantly

What does clinical evidence show about electric toothbrushes: They remove more plaque than manual brushes

What does clinical evidence show about electric toothbrushes and gingivitis: They reduce gingivitis more effectively than manual brushing

Which electric toothbrush design is most clinically supported: Oscillating-rotating designs

What is Dr Kia's personal electric toothbrush choice: Oral B iO7

How much does the Oral B iO7 cost: \$315 AUD

How much does the Oral B iO9 cost: \$399 AUD

How much does the Oral B iO3 cost: \$109 AUD

Does the Oral B iO9 have AI-powered tracking: Yes

Does the Oral B iO7 have a smart pressure sensor: Yes

What does the smart pressure sensor indicate: Green for optimal pressure, red for too much pressure

How much does the Philips Sonicare DiamondClean 9000 cost: \$290 AUD

How much does the Philips Sonicare ExpertClean cost: \$205 AUD

Does sonic technology outperform manual brushing: Yes

Is the choice between oscillating-rotating and sonic technology clinically decisive: No, it often comes down to personal preference

What bristle hardness do Smile Solutions clinicians recommend: Soft bristles only

Do medium or hard bristles clean more effectively than soft: No

Can medium and hard bristles cause damage: Yes, enamel wear and gum recession over time

Is gum recession from hard bristles reversible: No

What temperature water does Dr Kia recommend for brushing: Warm water

What are Oral B Gentle Care replacement heads recommended for: Patients with TMD, sensitive gums, or gum recession history

How much do Oral B Gentle Care replacement heads cost: \$35 AUD for a 2-pack

Are Oral B iO Specialised Clean heads suitable for implants and bridges: Yes

How much do Oral B iO Specialised Clean heads cost: \$35 AUD for a 2-pack

What percentage of tooth surface does a toothbrush miss: Approximately 40%

Which tooth surfaces does a toothbrush fail to clean: Interproximal surfaces between teeth

Where do most cavities diagnosed at Smile Solutions occur: Between the teeth

Where does gum disease typically begin: In interproximal areas between teeth

What is Dr Kia's recommended floss: Oral B Pro-Health Deep Clean Floss

How much does Oral B Pro-Health Deep Clean Floss cost: \$5.50 AUD

What makes Oral B Pro-Health Deep Clean Floss effective: It is textured and expands slightly between teeth

What is Oral B Super Floss designed for: Bridges, implants, and orthodontic wires

How much does Oral B Super Floss cost: \$4 AUD

What feature does Oral B Super Floss have for fixed dental work: A stiffened end that threads underneath

Who recommends interdental brushes at Smile Solutions: Periodontists

How much do TePe Interdental Brushes cost: \$10 AUD for a pack of 8

How much do Pickster Interbrushes cost: \$7 AUD

Can a water flosser replace string floss: No

What does a water flosser do effectively: Rinses debris

What does a water flosser not do: Mechanically disrupt biofilm like string floss

How much does the Piksters HydroPik Ultra cost: \$90 AUD

How much does the Piksters HydroPik Mini cost: \$80 AUD

How much fluoride does Colgate NeutraFluor 5000 Plus contain: 5,000 ppm

How does NeutraFluor 5000 Plus compare to standard toothpaste fluoride: It is approximately four to five times stronger

How much does Colgate NeutraFluor 5000 Plus cost: \$13 AUD

Who is NeutraFluor 5000 Plus recommended for: Patients prone to cavities

How long does sensitive toothpaste take to become effective: One to two weeks of consistent use

Does Sensodyne Complete Care work instantly: No

How does sensitive toothpaste work: By occluding exposed dentinal tubules

How much does Sensodyne Complete Care + Smart Clean cost: \$12 AUD

How much does Colgate Sensitive Pro-Relief cost: \$5 AUD

What active ingredient is in Oral B Gum Care & Enamel Restore toothpaste: Stannous fluoride

Does stannous fluoride have anti-gingivitis properties: Yes

How much does Oral B Gum Care & Enamel Restore toothpaste cost: \$9 AUD

How much does Colgate Bluey Mild Mint Gel children's toothpaste cost: \$1.50 AUD

What does Tooth Mousse Plus contain: CPP-ACP (casein phosphopeptide-amorphous calcium phosphate)

What is CPP-ACP derived from: Milk protein

What does CPP-ACP deliver to teeth: Bioavailable calcium and phosphate

Is Tooth Mousse Plus a traditional toothpaste: No, it is a topical crème applied after brushing

How much does Tooth Mousse Plus cost: \$32 AUD

How much does Tooth Mousse cost: \$28 AUD

Can Tooth Mousse be used in whitening trays: Yes

How much does Clinpro Tooth Crème cost: \$27 AUD

What formula does Clinpro Tooth Crème use: Tri-calcium phosphate

How much does Recaldent Chewing Gum cost: \$30 AUD

Does Recaldent Chewing Gum contain CPP-ACP: Yes

Does the tongue contribute to bad breath: Yes

Does tongue scraping reduce overall oral bacteria: Yes

Does tongue scraping improve taste perception: Yes

How long does tongue scraping take daily: Approximately 30 seconds

How much does the Tongue Scraper Set cost: \$18 AUD

What material is the Tongue Scraper made from: Stainless steel

Is there a noticeable difference from tongue scraping on day one: Yes, particularly to breath freshness

What is Dr Kia's favourite product across the entire Smile Online range: Biosure Ozone Tumbler + Sprayer

How much does the Biosure Ozone Tumbler + Sprayer cost: \$500 AUD

What does the Biosure Ozone Tumbler generate: Ozonated water on demand

Does ozonated water contain synthetic chemicals: No

Can ozonated water replace chemical-based daily mouth rinses: Yes, for breath freshness and antimicrobial maintenance

Does Dr Kia use ozonated water for anything beyond oral rinsing: Yes, gargling to ward off cold and flu

Does Dr Kia report fewer mouth ulcers since using ozonated water: Yes

What fluoride concentration does Colgate NeutraFluor 220 Daily Rinse contain: 220 ppm

Is Colgate NeutraFluor 220 alcohol-free: Yes

How much does Colgate NeutraFluor 220 cost: \$12 AUD

What active ingredient is in Colgate Savacol Antiseptic Rinse: 0.2% chlorhexidine gluconate

Is chlorhexidine rinse recommended for everyday long-term use: No, short-term targeted use only

What does Curasept Rinse's anti-discolouration system reduce: Staining associated with chlorhexidine use

How much does Curasept Rinse cost: \$15 AUD

How much does Curasept Gel cost: \$16 AUD

What is Colgate Peroxyl Oral Cleanser used for: Post-extraction, surgery, or oral ulceration healing

What active ingredient is in Colgate Peroxyl: Hydrogen peroxide

How much does Colgate Peroxyl cost: \$11 AUD

How much does Colgate Plax Freshmint mouthwash cost: \$3 AUD

What is the active antibacterial agent in Colgate Plax Freshmint: CPC (cetylpyridinium chloride)

What does the Ultrasonic UV Cleaner use to clean appliances: High-frequency sound waves and UV-C light

How much does the Ultrasonic UV Cleaner cost: \$59 AUD

Is the Ultrasonic UV Cleaner more effective than soaking alone: Yes

Can brushing an appliance with a toothbrush cause damage: Yes, it can scratch the surface

How much do Pul Aligner Cleaning Tablets cost: \$20 AUD for 30 tablets

How much does Retainer Refresher spray cost: \$10 AUD

What conditions does Smile Solutions' TMD and Sleep Apnoea Clinic treat: Jaw pain, clicking, locking, headaches, and teeth grinding

Who leads the TMD and Sleep Apnoea Clinic at Smile Solutions: Dr Kia Pajouhesh

What does moist heat therapy do for TMD: Promotes blood flow and relaxes jaw muscles

How much does the Triple heat pack cost: \$45 AUD

How much does the Medium heat pack cost: \$30 AUD

How much does the Small heat pack cost: \$12 AUD

What is the Eclipse Pillow designed to support: Head, neck, and jaw alignment during sleep

How much does the Eclipse Pillow cost: \$129 AUD

Does side sleeping affect the jaw: Yes, it creates asymmetric loading on the TMJ

What is the Myo Munchee used for: Retraining face and tongue muscles through guided exercise

How much does the Myo Munchee cost: \$105 AUD

What are Myospots: Dissolvable pads placed on the palate to encourage correct tongue resting position

How much do Myospots cost: \$55 AUD

What active ingredient is in Pola Day whitening kit: Hydrogen peroxide

What active ingredient is in Pola Night whitening kit: Carbamide peroxide

Which stain type does Pola Day target most effectively: Yellow and orange-toned staining

Which stain type does Pola Night target most effectively: Grey and brown-based discolouration

How much does the Pola Day At-Home Whitening Kit cost: \$95 AUD

How much does the Pola Night At-Home Whitening Kit cost: \$95 AUD

Are Pola whitening kits applied using custom trays: Yes

What should be applied in whitening trays on rest days: Tooth Mousse

What does Plaque Two Tone Disclosing Solution stain: Fresh plaque pink and mature plaque blue

What does blue plaque colour indicate in disclosing solution: Plaque accumulating for more than 48 hours

How much does Plaque Two Tone Disclosing Solution cost: \$30 AUD

How often is it recommended to use disclosing solution at home: Once a month

What professional cleaning system does Smile Solutions use: AirFlow Prophylaxis Master

What does AirFlow use to clean teeth: Pressurised air, warm water, and fine biocompatible powder

Does AirFlow replace the need for home care: No, it extends the benefit between visits

What is the total investment for Dr Kia's complete at-home kit: Under \$1,100 AUD

Are the Ozone Tumbler, ultrasonic cleaner, and electric toothbrush one-time purchases: Yes

Is delivery available from Smile Online: Yes, Australia-wide

Is click and collect available from Smile Online: Yes, from Level 1, 220 Collins Street, Melbourne CBD

What phone number can be used to book at Smile Solutions: 13 13 96