

BRUSHING *Brushing Tips* ING



Brushing your teeth properly after every meal not only helps freshen your breath, it also helps maintain the health of your gums.

Brushing your teeth after meals and at least twice a day will help remove decay-causing plaque that accumulates on your teeth. It is recommended that you brush your teeth for 3-4 minutes (try brushing while listening to a complete song on the radio). Most people spend less than one minute brushing.

Removing food debris by brushing immediately after meals helps prevent cavities. Food remaining between your teeth can lead to cavity-causing acids. Frequent and thorough brushing will remove these acids and eliminate bacteria, which are responsible for tooth decay and gum disease.

Use a multi-tufted, soft bristle toothbrush for best results. Choose a brush with a long, wide handle. This will allow you to grasp it firmly for effective brushing. The toothbrush head should be small enough for easy access to your back teeth.

Selecting a toothpaste that contains fluoride will help fight cavities and gum disease. Only a pea-size amount of toothpaste is necessary for brushing.

Healthy teeth and gums are easy to achieve and maintain if you brush and floss regularly. Flossing helps remove food particles between the teeth.

Basic Brushing Techniques:



Outer/Inner surface of teeth
Place your toothbrush at a 45-degree angle against your gums and gently brush using a circular motion.



Chewing surface
Use the toothbrush as shown, and applying slight pressure, brush back and forth over the chewing surface.



Inside surface of front teeth
Angle the brush as shown and use gentle back and forth strokes with the end of the brush.



Tongue
Brush the tongue in a back-to-front sweeping motion to remove food particles and freshen your mouth.