

HOW TO BRUSH - TEETH BRUSHING TECHNIQUES



Tilt the brush at a 45° angle against the gumline & sweep or roll the brush away from the gumline.



Gently brush the outside, inside & chewing surface of each tooth using short back-and-forth strokes.



Gently brush your tongue to remove bacteria & freshen breath.



The smile says it all.

What Is the Right Way to Brush?

Proper brushing takes at least two minutes — that's right, 120 seconds! Most adults do not come close to brushing that long. To get a feel for the time involved, try using a stopwatch. To properly brush your teeth, use short, gentle strokes, paying extra attention to the gumline, hard-to-reach back teeth & areas around fillings, crowns or other restoration. Concentrate on thoroughly cleaning each section as follows:

- ◆ Clean the outer surfaces of your upper teeth, then your lower teeth
- ◆ Clean the inner surfaces of your upper teeth, then your lower teeth
- ◆ Clean the chewing surfaces

For fresher breath, be sure to brush your tongue, too.

What Type of Toothbrush Should I Use?

Most dental professionals agree that a soft-bristled brush is best for removing plaque & debris from your teeth. Small-headed brushes are also preferable, since they can better reach all areas of the mouth, including hard-to-reach back teeth. For many, an electric toothbrush is a good alternative. It can do a better job of cleaning teeth, particularly for those who have difficulty brushing or who have limited manual dexterity.

How Important is the Toothpaste I Use?

It is important that you use a toothpaste that's right for you. Today there is a wide variety of toothpaste designed for many conditions, including cavities, gingivitis, tartar, stained teeth & sensitivity.

How Often Should I Replace My Toothbrush?

You should replace your toothbrush when it begins to show wear, or every three months, whichever comes first. It is also very important to change toothbrushes after you've had a cold, since the bristles can collect germs that can lead to reinfection.

What is the Right Way to Floss?

Proper flossing removes plaque & food particles in places where a toothbrush cannot easily reach — under the gumline & between your teeth. Because plaque build-up can lead to tooth decay & gum disease, daily flossing is highly recommended.

To receive maximum benefits from flossing, use the following proper technique:

- ◆ Starting with about 45 cm of floss, wind most of the floss around each middle finger, leaving 1.5 to 2 cm of floss to work with
- ◆ Holding the floss tautly between your thumbs & index fingers, slide it gently up-and-down between your teeth
- ◆ Gently curve the floss around the base of each tooth, making sure you go beneath the gumline. Never snap or force the floss, as this may cut or bruise delicate gum tissue
- ◆ Use clean sections of floss as you move from tooth to tooth
- ◆ To remove the floss, use the same back-and-forth motion to bring the floss up & away from the teeth

What Type of Floss Should I Use?

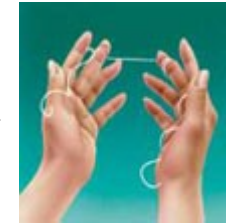
There are two types of floss from which to choose:

- Nylon (multifilament) floss
- PTFE (monofilament) floss

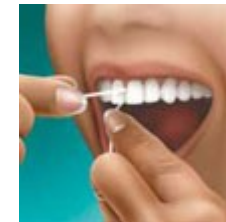
Nylon floss is available waxed & unwaxed, & in a variety of flavours. Because this type of floss is composed of many strands of nylon, it may sometimes tear or shred, especially between teeth with tight contact points. While more expensive, single filament (PTFE) floss slides easily between teeth, even those with tight spaces between teeth, & is virtually shred-resistant. When used properly, both types of floss are excellent at removing plaque & debris.

HOW TO FLOSS – FLOSSING TIPS

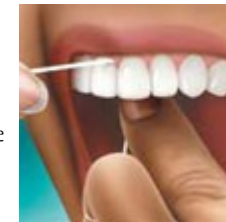
Use about 45cm of floss, leaving 1.5 to 2 cm to work with.



Gently follow the curves of your teeth.



Be sure to clean beneath the gumline, but avoid snapping the floss on the gums.



The smile says it all.

