



Useful Advice on Brushing



What are the four things required for proper toothbrushing?

A soft toothbrush
Toothpaste with fluoride
The correct angle of brushing
Brushing in a pattern

How many times a day should you brush?

It's important to brush at least twice a day using a soft toothbrush.

Why is a soft toothbrush so important?

A soft toothbrush makes it much easier to remove the plaque below the gumline, where periodontal disease starts.

What significance does fluoride provide in your toothpaste?

Fluoride hardens the outer enamel layer of the teeth. It might stop a cavity in its tracks and give you more resistance to cavities.



Explain the proper process for brushing.

1. Angle the bristles of the brush along the gumline at a 45 degree angle
2. Apply firm pressure so the bristles slide under the gumline
3. Vibrate the brush while you move it in short back and forth strokes and in small circular motions.
4. Brush two or three teeth at a time, then move to the next teeth, allowing some overlap.
5. Tilt the brush and use the tip to brush the backs of the front teeth.
6. It's fine to brush in any regular pattern you choose, but since the insides of the teeth tend to get less attention, you might start with the insides of the upper teeth, then go to the insides of the lower teeth.
7. Switch to the outsides of the upper teeth, and then the outsides of the lower teeth.
8. Brush the chewing surfaces of the upper teeth, then the lower teeth
9. End by gently brushing your tongue and the roof of your mouth. This removes germs and keeps your breath fresh.