



# Brushing

For your dental health.

## Keep your teeth healthy and beautiful with proper brushing!

It's important not only that you brush after you eat; you also need to use proper technique when brushing your teeth! Here are some tips to make your brushing sessions more effective at removing plaque and preventing decay.

- Always use a toothbrush that has soft bristles with rounded tips to avoid damaging your gums.
- Hold your brush at a forty-five-degree angle towards the gumline (the area where teeth and gums meet).
- Using a gentle, circular motion, move the brush around one or two teeth at a time, overlapping as you move along.
- It's also a good idea to have a regular brushing pattern. It's fine to use any pattern you like, as long as you clean each surface of every tooth.



*Brush at an angle*

## Here's an example of an effective brushing pattern:

- Start with the insides of your upper teeth, and brush from the right side to the left.
- Move to the insides of your lower teeth, from the left side to the right.
- Brush the fronts of all upper teeth, then the fronts of all lower teeth.
- Then brush the chewing surfaces of your upper teeth, then your lower teeth.
- Use the tip of your toothbrush to brush the backsides of your front teeth.
- Finally, gently brush your tongue and the roof of your mouth to keep your breath fresh.
- To prevent future cavities, use toothpaste that contains fluoride. Fluoride hardens the enamel on the surface of your teeth, and can even stop cavities in their tracks. Remember to change your toothbrush when the bristles are worn or bent, at least every three months. Old bristles don't clean well under the gumline, and they host more plaque and disease-causing bacteria.

This might seem like a lot to remember, but proper brushing technique will soon become a habit, and will keep your teeth healthy and your breath fresh.



*Don't miss back teeth*



*Brush tongue gently*