

# BRUSHING

## Brushing Tips



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

**B**rushing 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.

**R**emoving 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.

**U**se 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.

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

**H**ealthy 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.