TOOTH BRUSHING



SPECIALIST DENTAL PRACTICE

FOR ADULTS (from 7 years old +)

- ✓ BRUSHING SHOULD OCCUR FOR TWO MINUTES, TWICE DAILY AS A MINIMUM WITH A FLUORIDATED TOOTHPASTE.
- \checkmark BRUSH LAST THING AT NIGHT BEFORE BED AND AT LEAST ONE OTHER TIME IN THE DAY.
- ✓ ALWAYS WAIT 30 MINUTES AFTER EATING BEFORE BRUSHING YOUR TEETH AND DO NOT EAT OR DRINK FOR 30 MINUTES

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There is evidence that some powered toothbrushes with a rotation, oscillation action can be more effective for tooth brushing than manual toothbrushes. However, more importantly is that the brush is used effectively to remove plaque twice daily with a fluoride toothpaste. Replace toothbrush/head every three months.



Place bristles along the gumline at a 45° angle. Bristles should contact both the tooth surface and the gumline.



Gently brush the outer tooth surfaces of 2-3 teeth using a vibrating back, forth & rolling motion. Move brush to the next group of 2-3 teeth and repeat.



Maintain a 45° angle with bristles contacting the tooth surface and gumline. Gently brush using back, forth & rolling motion along all of the inner tooth surfaces.



Tilt brush vertically behind the front teeth. Make several up & down strokes using the front half of the brush.



Place the brush against the biting surface of the teeth & use a gentle back & forth scrubbing motion. Brush the tongue from back to front to remove odor-producing bacteria.

TOOTHBRUSHING TIPS

- ✓ ENSURE YOU USE A METHODICAL APPROACH TO TOOTH BRUSHING SO THAT NO AREAS ARE MISSED, MAKING SURE THAT THE GUM LINE AND EACH TOOTH IS BRUSHED THOROUGHLY.
 - 1. OUTER SURFACES OF UPPER TEETH
 - 2. INNER SURFACES OF UPPER TEETH
 - 3. BITING SURFACES OF UPPER TEETH
 - 4. OUTER SURFACES OF LOWER TEETH
 - 5. INNER SURFACE OF LOWER TEETH
 - 6. BITING SURFACE OF LOWER TEETH & THE TONGUE.
- ✓ IF YOU ARE USING AN ELECTRIC TOOTHBRUSH, SIMPLY MOVE THE BRUSH HEAD AGAINST EACH TOOTH AND GUM LINE FOR A FEW SECONDS AND LET THE MECHANICAL MOVEMENT OF THE BRUSH PROVIDE THE CLEANING ACTION.
- ✓ CHANGE YOUR TOOTHBRUSH/TOOTHBRUSH HEAD EVERY 3 MONTHS.
- ✓ USING A DISCLOSING SOLUTION OR TABLET IS A USEFUL METHOD TO HELP IMPROVE THE EFFECTIVENESS OF TOOTH BRUSHING.
- ✓ SWEEP THE BRUSH HEAD ALONG YOUR TONGUE TO FRESHEN YOUR BREATH.

"The major dental conditions of caries andPeriodontal disease can both be reduced by regular tooth brushing with fluoride toothpaste."

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