

# TOOTH BRUSHING



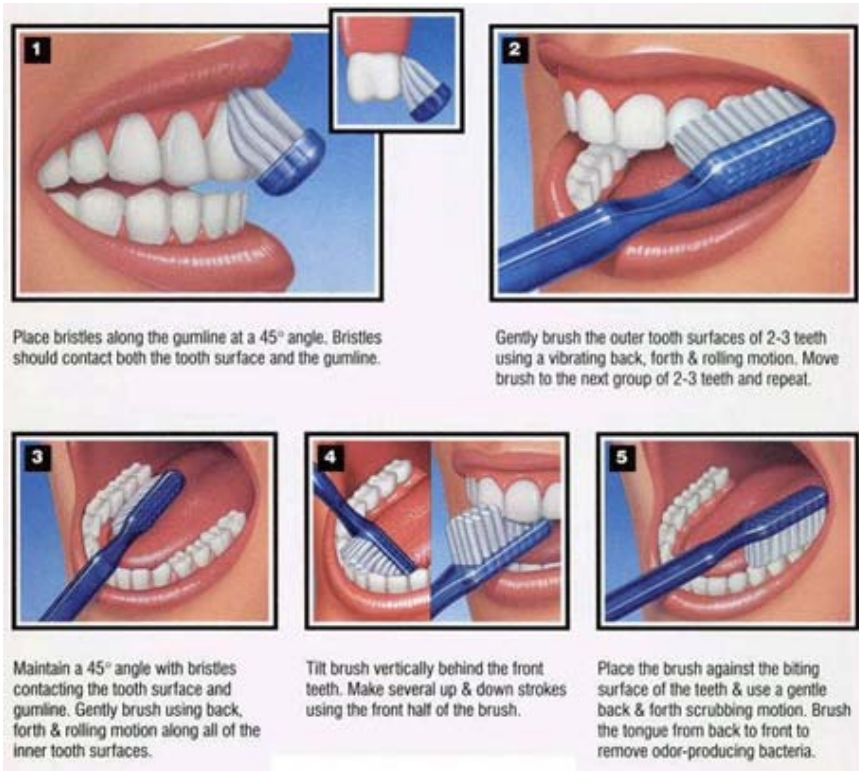
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& ASSOCIATES  
SPECIALIST DENTAL PRACTICE

## FOR ADULTS (from 7 years old +)

- ✓ BRUSHING SHOULD OCCUR FOR TWO MINUTES, TWICE DAILY AS A MINIMUM WITH A FLUORIDATED TOOTHPASTE.
- ✓ 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 AFTER BRUSHING.



*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.*



## TOOTHBRUSHING TIPS

- ✓ ENSURE YOU USE A METHODOICAL 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 and Periodontal disease can both be reduced by regular tooth brushing with fluoride toothpaste.”*

*Public Health England*