

# How to Brush Your Teeth Properly

## What You Need:

- An extra soft/ soft bristled manual toothbrush
- Your choice of toothpaste. One that contains fluoride is preferred
- Water or mouth rinse

It is important that you know how to brush your teeth properly to prevent gingivitis and tooth decay. Incorrect brushing technique can also lead to tooth abrasion (a condition in which the surface of the tooth is worn away). The number one cause of tooth abrasion is from a toothbrush. The delicate gum tissue is also at risk for damage from the toothbrush bristles, causing tooth sensitivity from exposed root surfaces. Follow these instructions, and learn how to brush your teeth properly.

**Difficulty:** Easy

**Time Required:** Two Minutes

## Here's How:

1. Apply a thin strip of toothpaste on your pre-moistened toothbrush.
2. Start with the upper left molars (back teeth) concentrating on the front surface of the tooth; you will be working in a clockwise direction from there. The average toothbrush head will cover 2 to 3 teeth at a time.
3. Hold the toothbrush parallel to your teeth, and point the bristles in the direction of the tissue, so they are resting slightly below the gum line. Apply slight pressure to the bristles, so they are slightly bent.
4. Gently move the brush in a circular motion for approximately 20 brush strokes, or roughly 10 seconds.
5. When brush strokes are complete, roll the bristles away from the gum tissue in a sweeping motion.
7. Moving on to the inside surfaces of the teeth, repeat steps 2 to 5 for the upper/lower premolars and molars.
8. When you are ready to clean the inside surface of the front teeth, take the tip of the toothbrush, and in a flicking motion, direct the toothbrush from the gum line down. Do this 2 to 3 times.
9. Follow step 8 for the inside of the lower front teeth, but this time the flick will be directed up, again, away from the gum line. Do this 2 to 3 times.
10. Brush the biting surface of the upper and lower premolars and molars.
11. Gently brush your tongue and the inside of your cheeks.
12. Finish by rinsing with water or mouthwash.



\*\*If you have any other questions, please do not hesitate to ask one of our knowledgeable hygienists at your cleaning.