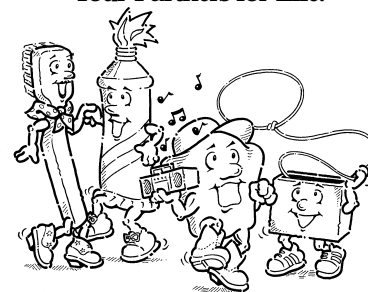


DENTAL

Facts

Brushing and Flossing

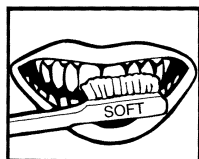
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Basic Toothbrushing

Toothbrushing removes plaque and pieces of food from most surfaces of your teeth. Use a soft-bristled toothbrush, and a pea-sized amount of toothpaste with fluoride. Brush at least twice a day – in the morning and especially before bedtime.

- Place the bristles of the toothbrush at a 45° angle against the gumline of your teeth. Using a gentle “wiggling” motion, move the brush back and forth on the surface of the tooth. Brush each surface of each tooth 5 to 6 times. To brush behind the front teeth use the *toe* or the front part of the toothbrush.



- Following a pattern, brush the inner, outer, and chewing surfaces of all upper and lower teeth.
- Rinse your mouth with water after brushing.

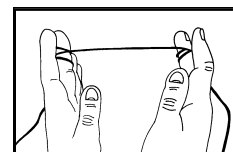
Hints

- It takes at least 2 to 3 minutes to do a thorough job. So remember, “**Don’t rush your brush.**”
- A toothbrush with frayed, worn-out bristles does not clean your teeth properly. Replace your toothbrush when needed, usually every 2 months.
- Don’t forget to brush your tongue.
- Toothpaste should not be swallowed and should be kept out of the reach of children.

Basic Flossing

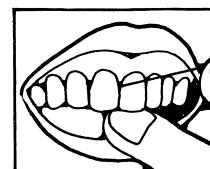
Dental floss removes plaque and pieces of food from between the teeth and under the gumline. It is important to floss once a day.

- Use about 45 centimetres (18 inches) of floss. Wrap most of the floss around your middle finger, and the rest around the same finger of the opposite hand.



- Hold the floss firmly between the thumbs and forefingers. Leave about 2 centimetres (1 inch) between the fingers and guide the floss gently between the teeth.
- Gently slide the floss between the teeth, using a back-and-forth motion. Never “snap” the floss into your gums!

- Curve the floss into a C-shape against the tooth. Gently slide floss up and down the side of each tooth and just below the gum.



- As floss becomes soiled, move to a clean section of the floss.

Hints

- Regardless of the type of floss you choose to use, make flossing a part of your daily routine.
- Flossing may cause bleeding and slight soreness for a few days. If this continues for more than 6 days, consult your dentist.
- Most children need help flossing their teeth until age 10.