

# Oral Health Tips

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## Protecting Your Teeth Through Proper Brushing and Flossing

Learning proper brushing and flossing techniques are an essential part of maintaining good oral health and preventing gum disease.

### Brushing Technique

Toothbrushing is one of the most effective ways to help remove decay-causing plaque from tooth surfaces.

- Each tooth has three surfaces (top, and two sides) that need to be cleaned.
- Many people underestimate the amount of time they brush their teeth. At least two minutes is recommended, but in reality most people brush for 30 seconds or less. Some electric toothbrushes come with a built in timer.
- Place a soft bristle brush at a 45-degree angle to the tooth and use a gentle massaging action in small circular strokes.
- Brush the outer and inner surfaces of the tooth, including close to the gumline.
- Use the front tip or “toe” of the brush for the inner front tooth surfaces.
- Teeth are covered by a fairly thin layer of enamel that can be worn down by too-vigorous scrubbing. Apply light pressure as you brush.
- Ideally toothbrushing should be done after every meal, but it is most important before bedtime.
- Do not share your toothbrush, it can spread germs.

### Flossing Technique

Brushing alone isn't enough to remove plaque from the tooth surface. Flossing your teeth cleans areas between the teeth cleans the sides of the teeth where the toothbrush can't reach. The space between your teeth (interproximal areas) and below the gumline are two common spots where plaque builds up

and the toothbrush cannot reach. If the plaque is not removed the teeth become more susceptible to tooth decay (cavities)

- Use about 18 inches of floss, winding most of it around your middle finger and the rest around the middle finger of your other hand. This finger takes up the used floss.
- Gently guide about an inch of floss, using your thumbs and forefingers, between your teeth.
- Hold floss tightly against the tooth and use a gentle up and down rubbing motion to clean between teeth. Gums can be bruised if floss is “snapped” into place.
- At the gumline, curve floss into a C-shape against sides of both teeth and move it up and down.
- Repeat for all teeth and the back of the last teeth.

### Additional Flossing Tips

- Be gentle when inserting under the gumline. Flossing can injure your gums if done too aggressively or improperly.
- Gum tissue may bleed and be sore for the first few days. Bleeding should stop once all the bacteria are removed.
- Parents should supervise their children's flossing until they can demonstrate the manual hand dexterity to do it on their own. Many children cannot floss properly until about the age of 10.

Source: American Dental Association [www.ada.org](http://www.ada.org)

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