








Brushing & Flossing

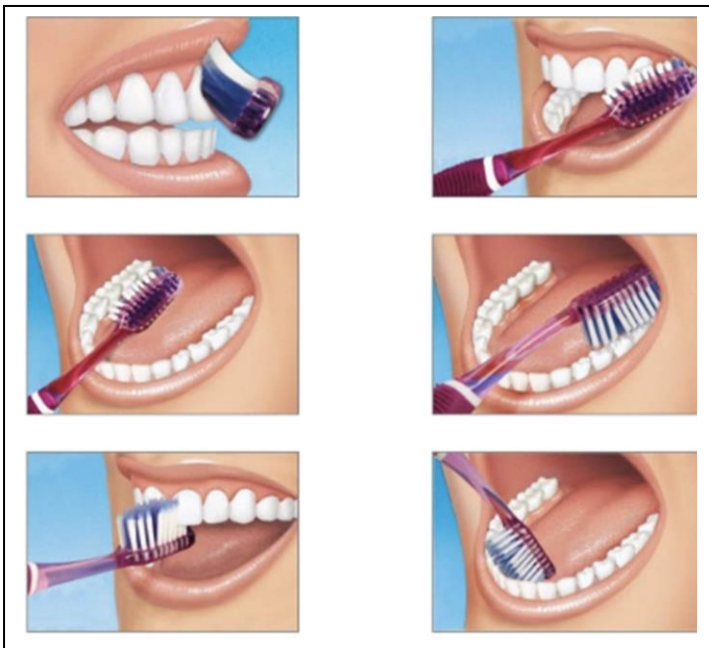
Brushing

Brushing your teeth is an important part of your dental care routine. For a healthy mouth and smile the following is recommended you:

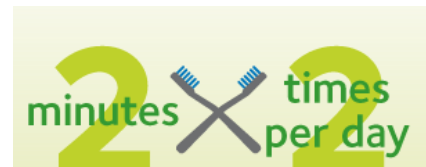
-  Brush your teeth twice a day with a soft-bristled brush. The size and shape of your brush should fit your mouth allowing you to reach all areas easily.
-  Replace your toothbrush every three or four months, or sooner if the bristles are frayed. A worn toothbrush won't do a good job of cleaning your teeth.
-  Make sure to use approved fluoride toothpaste.

The proper brushing technique is to:




-  Place your toothbrush at a 45-degree angle to the gums.
-  Gently move the brush back and forth in short (tooth-wide) strokes.
-  Brush the outer surfaces, the inner surfaces, and the chewing surfaces of the teeth.
-  To clean the inside surfaces of the front teeth, tilt the brush vertically and make several up-and-down strokes.



Check out this handy infographic on brushing!








Of course, brushing your teeth is only a part of a complete dental care routine. You should also make sure to:

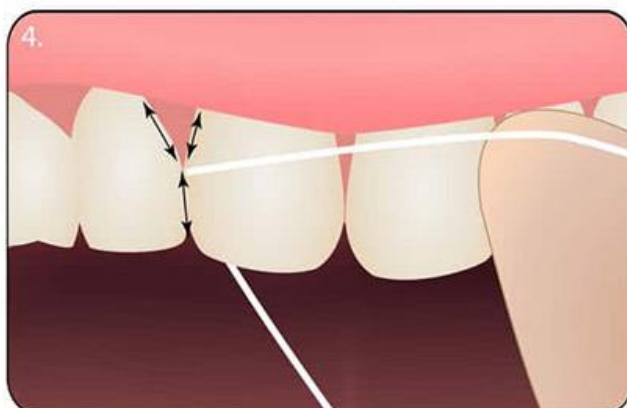
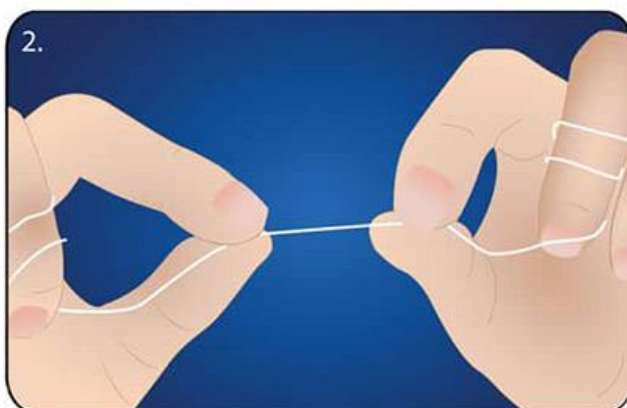
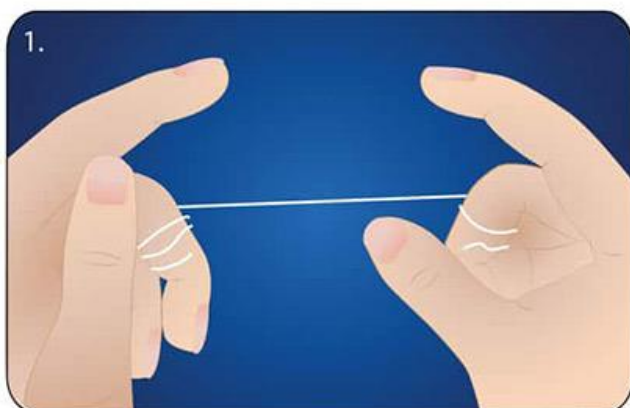
-  Clean between teeth daily once a day. Tooth decay-causing bacteria still linger between teeth where toothbrush bristles can't reach. This helps remove plaque and food particles from between the teeth and under the gum line.
-  Eat a balanced diet that limits sugary beverages and snacks.
-  See your dentist regularly for prevention and treatment of oral disease.

Flossing Technique

You've heard that flossing is good for your dental hygiene, but might be wondering why — or how to do it correctly. Well, proper flossing removes plaque and food particles in places where a toothbrush can't easily reach — under the gum line and between your teeth. Because plaque build-up can lead to tooth decay and gum disease, daily flossing is highly recommended.


To receive maximum benefits from flossing, use the following proper technique:

-  Starting with about 18 inches of floss, wind most of the floss around each middle finger, leaving an inch or two of floss to work with.
-  Holding the floss tautly between your thumbs and index fingers, slide it gently up-and-down between your teeth.
-  Gently curve the floss around the base of each tooth, making sure you go beneath the gum line. Never snap or force the floss, as this may cut or bruise delicate gum tissue.
-  Use clean sections of floss as you move from tooth to tooth.
-  To remove the floss, use the same back-and-forth motion to bring the floss up and away from the teeth.



What type of floss should I use?

There are two types of floss from which to choose:

 Nylon (or multifilament) floss

 PTFE (monofilament) floss

Nylon floss is available waxed and unwaxed, and in a variety of flavours. Because this type of floss is composed of many strands of nylon, it may sometimes tear or shred, especially between teeth with tight contact points. While more expensive, single filament (PTFE) floss slides easily between teeth, even those with tight spaces between teeth, and is virtually shred-resistant. When used properly, both types of floss are excellent at removing plaque and debris.

