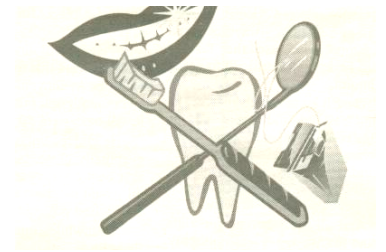




Carnegie Dental Group



Brushing Instructions

PROPER BRUSHING

Proper brushing help minimize the risk of tooth decay and gum disease, the major causes of tooth loss. Use a soft-bristle brush and fluoride toothpaste to remove plaque and food particles.



τ **On outer and inner surfaces,** brush at a 45degree angle in short, half-tooth-wide strokes against the gumline.

On chewing surfaces hold the brush flat and brush back and forth.



τ **On inside surface of front teeth,** tilt brush vertically and use gentle up and down strokes with toe of brush.

Brush the tongue in a back-to-front sweeping motion to remove food particles and freshen your mouth



Your toothbrush will only clean one or two teeth at a time. Change its position to properly clean each tooth.

To prevent plaque damage, be sure to brush at least once every day, preferably at bedtime. Adding a brush time after breakfast increases your chances of thorough daily plaque removal.

To ensure that you clean every tooth, develop a routine: starting at one tooth and working your way around the mouth.

Don't rush your brush. A thorough brushing should take at least 3 minutes

Brushing your teeth too vigorously or using a hard toothbrush causes the gums to recede and exposes root surface. It also wears down the tooth structure. Both of these conditions can lead to tooth sensitivity.

A pea-sized amount of fluoridated toothpaste is all you need, should you choose to use toothpaste.

Replace your brush when the bristles begin to spread. A worn out toothbrush will not properly clean your teeth.

