

TIPS AND TRICKS TOOTH BRUSHING



Use only a small amount of toothpaste, usually just a smear— just need enough toothpaste to coat your teeth with fluoride; no need to waste it, and children can have a tendency to swallow it.



Use only ADA approved toothpaste with fluoride — this toothpaste has been tested for quality. Fluoride toothpaste has been shown to reduce tooth decay by 11%; fluoride to drinking water: 45-60%; fluoride varnish: 40-75%.



Use a soft bristle brush — hard bristles can wear away the enamel and cause gums to pull away from the teeth. Soft, rounded bristles are more effective and less damaging to the teeth and gums.



Brush each tooth surface 10 strokes — plaque, the sticky coating on the teeth, will build up during the day and it requires careful gentle brushing to remove it.



Brush in gentle, round motions — circular motions gets the bristles in between the teeth to remove the plaque.



Brush especially a long the gum line — food and plaque collect along the gum line, getting under the gums if left on the teeth.



Brush the tongue — 90% of germs in the mouth collect on the tongue's surface.



Spit but do not rinse — it is important to leave fluoride on the teeth for 30 minutes to have the best results for stopping decay.



Brush just after the last snack for the night and in the morning after breakfast — during sleep, we have less saliva to wash away food.

