

## Maintaining Your Oral Health Good Home Care

A sticky film, called plaque, continuously covers your teeth. Plaque is the primary cause of dental decay and gum disease. Good home care helps remove plaque to help maintain your oral health throughout your lifetime.

### Brushing the Right Way.

1. The brush needs to be at a 45-degree angle placed against the junction between teeth and gums.
2. Next, use small strokes for about 10 seconds per tooth while moving your brush in a vibrating motion or circles.
3. Brush the chewing surfaces, inner and outer chewing surfaces of the tooth in this same manner.
4. By using the end or “toe” of the brush clean inside front teeth.
5. Finally, brush your tongue and roof of your mouth to help freshen breath by removing bacteria.

Brush 2 minutes, twice a day, after meals and before bed. Use a brush with soft, end-rounded bristles, which will properly fit your mouth. You need to allow for the brush to reach all areas of the mouth. Do not use worn-out, old toothbrushes. Brushes should be replaced every 3-4 months or sooner if the bristles are frayed. Toothpaste with fluoride is suggested to help prevent tooth decay. Choose dental products with the ADA seal of acceptance to assure they are safe and effective.

### Flossing, Brushings Best Friend.

Easy steps to great flossing.

1. You will need about 18 inches of floss with both ends being wrapped around your middle fingers.
2. To help guide the floss through your upper teeth use your thumbs, and use your index fingers for the lower teeth.
3. Gently work the floss between the teeth, curve the floss around the tooth in a C-shape and press it under the gum line. With a slow controlled motion, gently move the floss up and down on every tooth to help clean away unwanted plaque and food. Avoid snapping the floss against your gums.