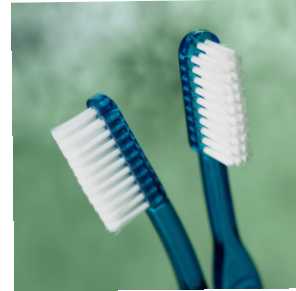


## TIPS FOR GOOD ORAL HYGIENE

### TOOTHBRUSHING

- Brush your teeth twice daily with fluoride toothpaste to remove plaque on tooth surfaces.
- Hold your brush at a 45-degree angle at the gums.
- Brush back and forth gently, with short strokes the width of your teeth.
- Brush all tooth surfaces and the tongue.
- Brush inside surface of front teeth using up and down motion.
- Parents should help small children with brushing until they have mastered fine motor control, like shoe tying, around age 6.

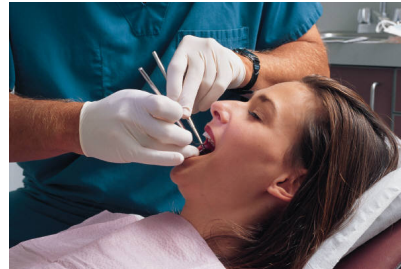


### FLOSSING

- Floss daily to remove plaque and food between teeth and under the gum line.
- It doesn't matter if you floss or brush first.
- Use 18 inches of floss and wrap it mostly around one of your middle fingers.
- Wind the other end around the middle finger of the other hand.
- Rub floss gently up and down between the teeth.
- When at the gum line, guide floss into the space between the gum and tooth.

### OTHER TIPS

- “Plaque-disclosing” tablets, which stain plaque that hasn't been removed, can show you if you're doing a good job with brushing.
- Eat a balanced diet and limit snacks between meals.
- Get regular professional checkups and cleaning every six months to reduce hard-to-reach plaque.



### THE EQUIPMENT

- Toothbrushes should be soft-bristled; the size and shape should fit your mouth and allow the brush to reach all teeth.
  - Toothbrushes should be replaced every three to four months, or when the bristles are frayed, whichever comes first.
  - For animations of brushing and flossing from the ADA, go to [www.ada.org](http://www.ada.org), click on the Public folder and find Animations in the left hand column.
- Source: American Dental Association

