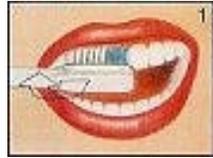


Expert tips and patient education

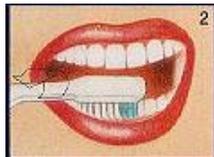
Proper Brushing

The most popular toothbrushing technique is the modified Bass method.

▶ Place your toothbrush next to the teeth so that it rests on the gumline (the point where the teeth and the gums meet), forming a 45 degrees angle against teeth and gums.

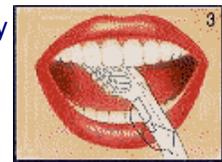


▶ Move the toothbrush from the gums towards the edge of teeth to move the dental plaque away from the gum line.



▶ Move the brush back and forth gently in short (1½ tooth wide) strokes.

▶ After brushing, one by one tooth surfaces do the same for the inner surfaces.

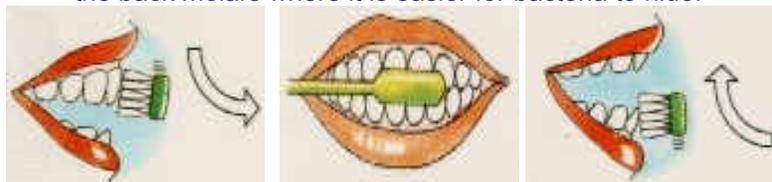


▶ Brush the chewing surfaces of the teeth with horizontal moves.



▶ Spit out the toothpaste and rinse your mouth with water or mouthwash.

During toothbrushing give special attention to the area of the gumline where gum disease starts and to the back molars where it is easier for bacteria to hide.



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● Brush your tongue, removing the bacteria that cause bad breath will freshen your breath. Use a tongue scraper if you do not feel comfortable cleaning your tongue with your toothbrush. If you have a bad breath problem, brushing the roof of your mouth might also help.

● When you brush your teeth, you remove most of the plaque-causing bacteria. But some stay behind. These bacteria can set up a colony and begin damaging your teeth within 24 hours--which is why dentists recommend brushing twice a day to consistently interrupt their growth.

- Avoid the use of hard toothbrushes. Do not use too much force while brushing teeth. In both cases you could cause abrasions to the tooth enamel or dentin, that could lead to [tooth sensitivity](#) problems.
- A correct brushing must have a duration of 2 to 3 minutes.
- After brushing teeth use the dental floss to complete your dental hygiene.

Electric Toothbrushes - Manual toothbrushes vs Power toothbrushes.

The electric toothbrush has become very popular in recent years — some even say it provides superior [dental care](#). But how does it actually compare to [manual brushing](#)?

Manual Toothbrushes: A Classic Route to Good Dental Care

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- **Cost and availability.** “It’s inexpensive and accessible.”
- **Easy to travel with.** “It’s easy to take a manual toothbrush with you when you travel. It’s not bulky like an electric toothbrush,”. You’ll be less likely to let your good dental care habits lapse on vacation with a toothbrush that you can easily bring along,
- **Puts less pressure on teeth and gums.** “You can feel [how much pressure you're using] as you grasp the toothbrush. “This helps you to avoid putting too much pressure on your teeth. With an electrical model you can’t feel that as well.” Placing too much pressure on your teeth can wear away at the tooth enamel, causing pain, sensitivity, and an [increased risk of tooth decay](#).
- **Good for kids.** Even young children can use manual brushes safely and effectively once they’ve learned how.

Electric Toothbrushes: Recommended in Some Cases

Nevertheless, there are some situations where an electric toothbrush has clear advantages. “We recommend it for people who can’t do a good job with a manual toothbrush. For older people or people who have less manual dexterity, like those who have arthritis, the electric toothbrush may clean more effectively,. According to the American Dental Association (AMA), people with limited ability to move their shoulders, arms, and hands can benefit from the larger handle and powered brush of an electric model.

How to Choose an Electric Toothbrush

Today, electric toothbrushes are outfitted with a variety of features. Though they make nice additions, pressure sensors that tell you if you’re brushing too hard or timers that indicate when you’ve brushed long enough don’t directly affect how well the toothbrush actually cleans your teeth.

Electric toothbrushes “try to stimulate the gums and teeth with different configurations of the bristles,”. “Even the most inexpensive electric models will keep your teeth clean, but you may have to move them a little more to reach the difficult areas.”

Although almost any toothbrush can do an effective job, research suggests there is one electronic toothbrush bristle configuration that seems to be better at removing plaque and preventing [gum disease](#). Electric toothbrushes with bristles that rotate together in one direction, and then switch and rotate in the opposite direction — a process known as rotating-oscillating — appear to be more effective than manual brushes and other electric brushes that spin in only one direction. If you do opt for an electronic toothbrush, a model with rotating-oscillating bristles is probably your best bet.

How Often Should You Get a New Toothbrush?

Whether you choose a manual or an electric toothbrush, choose one with soft bristles and be sure to change the bristles on the electric brush when they become worn down. “Bristles are very important“Brushes need to be replaced every three months or when the bristles are no longer straight and firm. In that condition, they will not clean the teeth as well as they should

Proper Flossing

Flossing daily removes plaque and food particles between teeth and below the gum line. You may experience sore or bleeding gums for the first several days you floss. If bleeding continues after the first week of flossing, call your dentist. If you are having trouble handling floss, you can ask about the use of a floss holder or other types of interdental cleaning aids.



Wrap an 18-inch strand around your middle fingers and hold a one-inch section tightly.

Ease floss between your teeth. Clean up and down several times while curving around teeth at the gum line. Don't scrub.





Always floss behind the last tooth. Unwind clean floss as you proceed.

Floss around the abutment teeth of a bridge and under artificial teeth using a floss threader.

