

## For a healthier mouth, consider using an electric toothbrush

Most electric toothbrushes remove more plaque than manual toothbrushes. Some also have built-in features that help protect teeth and gums.

### To use an electric toothbrush:

- Guide the brush head from tooth to tooth
  - Simply move the brush head against each tooth for a few seconds and let the mechanical movement of the brush provide the cleaning action
- Gently direct the brush head along the gum-line
  - Follow the natural curve of your mouth
- Sweep the brush head along your tongue to freshen your breath



## Quick tips for better oral health

- The best way to take care of your mouth is to brush with a fluoride toothpaste twice a day and floss regularly
- Using mouthwash can also help fight plaque and freshen your breath
- For a healthier mouth, consider using an electric toothbrush. Most electric toothbrushes remove more plaque than manual toothbrushes. Make sure you use the appropriate technique
- Hold your manual toothbrush at a 45-degree angle to your gum-line
- When flossing, form a "C" shape around each tooth

**For more tips on brushing and flossing, talk to your dental team.**

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oral health matters

# How to brush and floss

## The best way to take care of your mouth is to brush twice a day and floss regularly

This helps remove the sticky film called **plaque** that collects on teeth and gums. Plaque makes acids and toxins that can damage your teeth and gums.

Using a mouthwash can also help fight plaque but cannot replace brushing and flossing. If you're not sure what kind to use, ask your dental team.

## Here are some ways to get the most out of your brushing routine:

- Brush for at least 2 minutes, twice a day, with a fluoride toothpaste
  - Pay special attention to your back teeth, which may have more plaque on them
- Use a toothbrush with soft bristles
  - Brush with gentle strokes so you don't wear away your gums or teeth
- Change your toothbrush every 3 months
  - Bristles that are worn remove less plaque
- Brush your tongue to help freshen your breath
  - Brush from back to front using a gentle sweeping motion

## Are you holding your toothbrush correctly? Here are some tips:



- Hold your toothbrush at a 45-degree angle to your gum-line
  - Brush 2 or 3 teeth at a time. Move the toothbrush from the gums toward the edge of the teeth



- Hold the toothbrush vertically to clean behind your upper and lower front teeth
  - Use gentle up-and-down strokes with the tip of your toothbrush

## Flossing helps keep teeth and gums healthy

Flossing every day removes plaque along the gum-line and between teeth.

## To floss correctly, follow these steps:

- Wind floss around your middle fingers
- Use your thumbs and index fingers to guide floss between teeth
- Wrap the floss around the sides of each tooth, making a "C" shape. This will help ensure that you get between gums and teeth



## Here are some other flossing tips:

- Check your gums in the mirror while you floss
  - Your gums should be firm and pink. If they are red, swollen, or bleeding, see your dental team
- Don't stop flossing if your gums bleed
  - Flossing can improve the health of your gums and help them stop bleeding