

## Why Is Brushing Important?

In order to remove disease causing plaque, it is important for individuals to brush at least two times a day. If plaque is not removed on a daily basis, gingivitis or periodontitis may develop. Brushing also reduces the incidence of cavities by removing the bacteria and byproducts, which cause the tooth to break down. By using a fluoride toothpaste, you will also help to decrease the chance of developing cavities.

## Why Is Flossing Important?

Since toothbrushes can not adequately reach the plaque in between the teeth, it is important to remove this plaque at least once daily with the use of dental floss. If allowed to remain on the teeth, plaque eventually hardens and becomes calculus. Due to its rough surface, calculus provides a retentive site for disease causing bacteria. These bacteria can cause gingivitis and eventually periodontitis, which can lead to the loss of teeth.



**If plaque is allowed to remain on the teeth, it eventually hardens and becomes calculus.**

**To avoid injury to the gums, always use a soft bristled toothbrush.**

## Brushing Instructions

For thorough but gentle cleansing, use a soft toothbrush.



Hold your brush at a 45° angle placing the filament tips slightly under the gum line. Press lightly without flexing. Rotate the brush in small circular motions. Count at least 10 rotations. Apply the brush to the next

group of two or three teeth, making sure to overlap the placement. Repeat strokes. Be sure to brush the inside surface of the teeth as well as the outer surface.



To reach the inside of the front teeth, tilt the brush vertically. Press lightly and vibrate brush head making sure the filaments reach slightly under the gums.

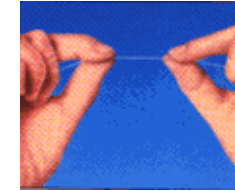


To brush the chewing surfaces hold the brush flat with filament tips pointed into the grooves of the tooth. Vibrate the brush in a slight circular movement for a count of 10. Press moderately so the filaments do not bend but go straight into the grooves.



Don't forget to brush your tongue to remove bacteria. Bacteria left on the tongue can cause bad breath.

## Flossing Instructions



Begin by winding a 12 - 15 inch piece of floss around your two middle fingers. Grasp the floss with your thumb and index finger of each hand leaving 1/2 inch of floss between the finger tips.

Gently guide the floss between the teeth. Use a gentle sawing motion to slide the floss past the contact area.



Wrap the floss around the tooth in a C shape. To remove plaque, gently move the floss up and down against the tooth. Readapt the floss to the adjacent tooth and repeat.

As you move from tooth to tooth, use a fresh section of floss each time.



**Daily brushing and flossing, combined with regular professional cleanings, are essential for maintaining a healthy oral environment.**