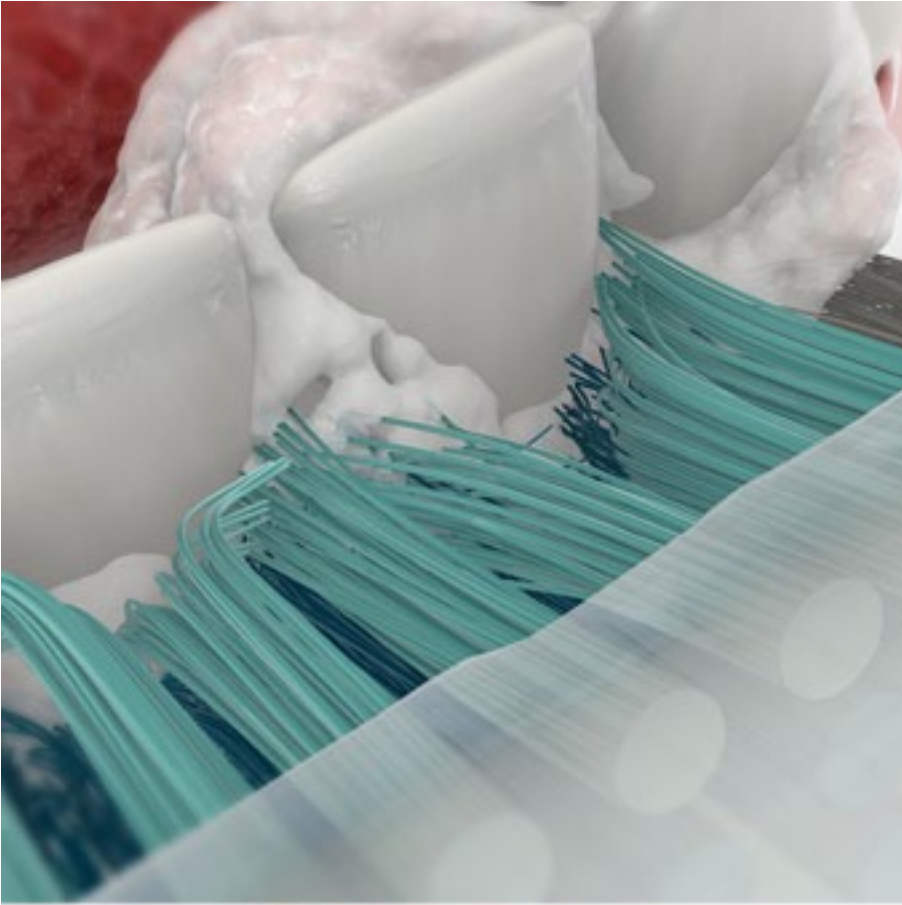


Brushing the Right Way



Overview

We all know it's important to brush our teeth every day. Good brushing habits are a key part of good oral hygiene. To make sure you're getting your teeth as clean as they can be, follow these steps.

Angle and strokes

To begin, tilt your toothbrush at a 45-degree angle to your gums. Make gentle back-and-forth strokes across your teeth. Brush the outer surfaces of your teeth. Brush the inner surfaces, and the chewing surfaces. Make sure you brush every part of every tooth.

Behind the front teeth

Now give some extra attention to your front teeth. To make sure you clean behind them really well, tilt your toothbrush vertically and make some up-and-down strokes.

Tongue

Don't forget your tongue! Bacteria live on it, too, and if you don't remove it, this bacteria will get onto your teeth. So brush your tongue every time you brush your teeth.

Other advice

Proper brushing should take about two minutes, and you need to do it at least twice a day. And make sure you're using a soft-bristled brush that's in good condition. When the bristles start to show wear, get a new one. You should always replace your toothbrush every three or four months.

Conclusion

Remember, good brushing is only one part of a complete dental care routine. Flossing, avoiding foods and drinks that harm your teeth, getting enough fluoride and scheduling regular dental visits are all important parts, too. Talk to your dentist for more tips about how to maintain a healthy mouth.

