



YOUR SMILE STARTS HERE—GOOD BRUSHING TECHNIQUE

Why is brushing and flossing your teeth so important? Because it removes plaque. If plaque isn't removed, it will continue to build up, causing tooth decay, gum disease and eventual tooth loss. Fortunately, keeping your teeth clean is easy and takes only a few minutes a day to maintain your good oral health.

Eight Tips For Easy Brushing:

1. Use a soft-bristled brush and toothpaste that contains fluoride.
2. Place your toothbrush at a 45-degree angle against your gums.
3. Move the brush gently, using short strokes; don't scrub.
4. Pay special attention to the gum line.
5. Brush the outer tooth surfaces using short, back-and-forth, up-down and circular strokes.
6. Brush the inner surfaces of the front teeth similarly using gentle strokes.
7. Brush your tongue to remove bacteria and freshen your breath.
8. Rinse your toothbrush with water and store upright after use.

How To Choose The Right Toothbrush For You

Did you know? The best toothbrush is one that you will use every day to get rid of harmful plaque!

- **Size:** Your brush should allow you to reach all areas easily.
- **Manual or battery powered:** The choice is yours—just make sure you can reach everywhere in your mouth with the brush you choose.
- **Soft or Hard:** Hard bristles can actually hurt your gums and erode enamel on your teeth, so stick with brushes marked “soft” and you’ll get the best results without hurting yourself.

LifeSmile from Delta Dental can help you prevent disease and keep you and your family on the path toward a healthier, happier life. Healthy Smile, Happy Life: Take advantage of numerous free resources for improving your oral health at deltadentalmn.org/oral-health.

