



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 to maintain your good oral health.

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It's easy to smile when you feel good. LifeSmile is a wellness program that's part of your Delta Dental benefits provided by your employer. It's easier to maintain good oral health habits when you have some support. LifeSmile has the answers to your dental questions and can help keep you smiling for a lifetime.

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 strokes.
6. Brush the inner surfaces of the front teeth using gentle, up-and-down 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

Unfortunately, the wrong toothbrush can damage your gums and lead to tooth decay. Luckily, finding the right one is easy. 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. Regular-sized brushes are ideal for most adults, but for people with small mouths, an angled brush may help you get better results.
- **Manual or Electric:** 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.
- **Time for a Change:** Replace your brush about every three months, or sooner if the bristles become bent. Make sure you store your brush clean, dry, and upright.

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.