

# Keep Your Teeth for a Lifetime

Brushing and flossing your teeth are the most important things to do to ensure your teeth will last a lifetime.

## Why brush and floss?

- Brushing and flossing protect teeth from tooth decay by removing food and plaque from the teeth.
- Plaque is the main cause of tooth decay and gum disease.
- Flossing reaches places that the toothbrush cannot.

## How do I brush my teeth?

- Brush teeth twice a day.
- Choose a toothbrush with soft bristles and be sure it is the right size, generally smaller is better than larger.
- Place the bristles at a 45 degree angle against the gums and vibrate slightly from side to side. Then sweep away from the gums (down on the top teeth and up on the bottom teeth), at least five times in each area.
- Tilt the toothbrush to brush the inside surfaces of the front teeth, and always brush away from the gums.
- Scrub the chewing surfaces back and forth.
- Finish by brushing the tongue and rinsing the mouth.

Rinse the toothbrush after each use and allow to dry. Replace the toothbrush every three months. Do not share your toothbrush.



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## How do I floss my teeth?

Floss teeth once a day.

### Step 1:

Wrap the floss around the middle fingers. The floss should be approximately an arm's length or 60 cm long.



### Step 2:

For the upper teeth, use the index finger and the thumb to guide the floss. The thumb should be on the outside surface of the teeth.



### Step 3:

Use the two index fingers for flossing the lower teeth. The fingers guiding the floss should not be more than 2.5 cm apart.



### Step 4:

Gently insert floss between the teeth by moving it back and forth. Do not force the floss between the teeth or press down so hard that the gums bleed.

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### Step 5:

Gently curve the floss into a C-shape moving the floss up and down two or three times. Move the floss over to the side of the neighboring tooth and repeat.

Floss holders are available for those who find flossing difficult.

For more information about dental health, please call

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