

ORAL HYGIENE INSTRUCTIONS

Tooth brushing will remove dental plaque and other debris from your teeth.

It is best to brush twice daily and to use some form of "between the teeth" cleaning.

Don't rush your brush. A thorough brushing should take at least 2 minutes.

Brushing the teeth too vigorously or using a hard bristled toothbrush causes the gums to recede and exposes root surfaces. It also wears down the tooth structure. Both of these conditions can lead to tooth sensitivity.

HOW TO BRUSH

- $\frac{3}{4}$ Use a soft bristled brush.
- $\frac{3}{4}$ Place the bristles at a 45-degree angle to the teeth. Slide the tips of the brush under the gums.
- $\frac{3}{4}$ Jiggle the bristles very gently so that any plaque growing under the gum will be removed.
- $\frac{3}{4}$ Be sure to brush the outside, the tongue side and the chewing surfaces of your teeth.
- $\frac{3}{4}$ For the front teeth, brush the inside surfaces of the upper and lower jaws by tilting the brush and making several up and down strokes.
- $\frac{3}{4}$ Brushing your tongue will help freshen your breath.



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