

For a healthier mouth, consider using an electric toothbrush

Most electric toothbrushes remove more plaque than manual toothbrushes. Some also have built-in features that help protect teeth and gums.

To use an electric toothbrush:

- Guide the brush head from tooth to tooth
 - Simply move the brush head against each tooth for a few seconds and let the mechanical movement of the brush provide the cleaning action
- Gently direct the brush head along the gum-line
 - Follow the natural curve of your mouth
- Sweep the brush head along your tongue to freshen your breath



Quick tips for better oral health

- The best way to take care of your mouth is to brush with a fluoride toothpaste twice a day and floss regularly
- Using mouthwash can also help fight plaque and freshen your breath
- For a healthier mouth, consider using an electric toothbrush. Most electric toothbrushes remove more plaque than manual toothbrushes. Make sure you use the appropriate technique
- Hold your manual toothbrush at a 45-degree angle to your gum-line
- When flossing, form a “C” shape around each tooth

For more tips on brushing and flossing, talk to your dental team.

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oral health matters

How to brush and floss

The best way to take care of your mouth is to brush twice a day and floss regularly

This helps remove the sticky film called **plaque** that collects on teeth and gums. Plaque makes acids and toxins that can damage your teeth and gums.

Using a mouthwash can also help fight plaque but cannot replace brushing and flossing. If you're not sure what kind to use, ask your dental team.

Here are some ways to get the most out of your brushing routine:

- Brush for at least 2 minutes, twice a day, with a fluoride toothpaste
 - Pay special attention to your back teeth, which may have more plaque on them
- Use a toothbrush with soft bristles
 - Brush with gentle strokes so you don't wear away your gums or teeth
- Change your toothbrush every 3 months
 - Bristles that are worn remove less plaque
- Brush your tongue to help freshen your breath
 - Brush from back to front using a gentle sweeping motion

Are you holding your toothbrush correctly? Here are some tips:



- Hold your toothbrush at a 45-degree angle to your gum-line
 - Brush 2 or 3 teeth at a time. Move the toothbrush from the gums toward the edge of the teeth



- Hold the toothbrush vertically to clean behind your upper and lower front teeth
 - Use gentle up-and-down strokes with the tip of your toothbrush

Flossing helps keep teeth and gums healthy

Flossing every day removes plaque along the gum-line and between teeth.

To floss correctly, follow these steps:

- Wind floss around your middle fingers
- Use your thumbs and index fingers to guide floss between teeth
- Wrap the floss around the sides of each tooth, making a "C" shape. This will help ensure that you get between gums and teeth



Here are some other flossing tips:

- Check your gums in the mirror while you floss
 - Your gums should be firm and pink. If they are red, swollen, or bleeding, see your dental team
- Don't stop flossing if your gums bleed
 - Flossing can improve the health of your gums and help them stop bleeding