



ORAL HEALTH KANSAS

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Tips and Tricks: **Tooth Brushing**



What should you use to brush your teeth?

- Begin by using ADA-approved **toothpaste with fluoride**
- Use only a small amount of toothpaste, **the size of a pea**
- Use a **soft-bristle** toothbrush with rounded bristles



How should you brush your teeth?

- Brush each tooth surface with **10 strokes**
- Brush in gentle, **rounded motions** to remove plaque between the teeth
- Brush **along the gumline**
- Don't forget to **brush the tongue** to remove collected bacteria



What should my daily routine look like?

- Brush **each morning** and right after the **last snack** of the night to remove bacteria and food particles
- Keep your **toothbrush clean and dry** between uses to prevent the growth of bacteria
- Replace your toothbrush **when the bristles begin to fray** to maintain a healthy mouth



What are some tips to keep in mind?

- Spit out the saliva but **do not rinse with water** - it will wash away the fluoride
- Make sure to brush for a full **2 minutes**
- Follow dentist's directions for **using mouth rinses**
- Consider using a **power toothbrush**