

# TIPS AND TRICKS TOOTH BRUSHING



**Use only a small amount of toothpaste, usually just a smear—**  
You just need enough toothpaste to coat your teeth with fluoride; you have no need to waste it, and you children can have a tendency to swallow it.



**Use only ADA approved toothpaste, with fluoride —**  
This toothpaste has been tested for quality. Fluoride toothpaste has been shown to reduce tooth decay by 11%. Fluoride to drinking water: 45-60%. When we paint on fluoride varnish 40-75%.



**Use a soft bristle brush —**  
Hard bristles can wear away the enamel and cause gums to pull away from the teeth. Soft, rounded bristles are more effective and less damaging to the teeth and gums.



**Brush each tooth surface 10 strokes —**  
Plaque—the sticky coating on the teeth, will build up during the day and it requires careful brushing to remove it.



**Brush in gentle, round motions —**  
Circular motions gets the bristles in between the teeth to remove the plaque.



**Brush especially along the gum line —**  
Food and plaque collect along the gum line, getting under the gums if left on the teeth.



**Brush the tongue —**  
Germs collect on the tongue's surface causing bad breath.



**Spit but do not rinse —**  
It is important to leave fluoride on the teeth for 30 minutes to have the best results for stopping decay.



**Brush just after the last snack for the night and in the morning after breakfast —**  
During sleep, we have less saliva to wash away food.

