

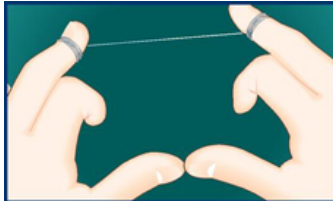
Appendix L: Toothbrushing Techniques

The following are a series of diagrams outlining how to floss and brush teeth.

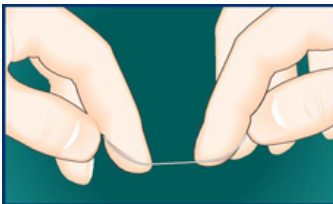
How to floss your teeth

STEP 1

Take a length of floss equal to the distance from your hand to your shoulder



Wrap it around your index and middle fingers, leaving about two inches between your hands.



STEP 2

Slide the floss between your teeth and wrap it into a "C" shape around the base of the tooth and gently under the gumline. Wipe the tooth from base to tip two or three times.



STEP 3

Be sure to floss both sides of every tooth. Don't forget the backs of your last molars. Go to a new section of the floss as it wears and picks up particles. After flossing, roll it up in a tiny ball and put it in the garbage. Never flush floss down the toilet.

STEP 4

Brush your teeth after you floss - it is a more effective method of preventing tooth decay and gum disease.



Source: Reprinted from: Flossing & Brushing. In: The Canadian Dental Association (CDA) [Internet]. Ottawa (ON): CDA; c2019. Available from: http://www.cda-adc.ca/en/oral_health/cfyt/dental_care/flossing_brushing.asp. Reprinted with permission.

How to brush your teeth

STEP 1

Brush at a 45 degree angle to your teeth. Direct the bristles to where your gums and teeth meet. Use a gentle, circular, massaging motion, up and down. Don't scrub. Gums that recede visibly are often a result of years of brushing too hard.



STEP 2

Clean every surface of every tooth. The chewing surface, the cheek side, and the tongue side.

STEP 3

Don't rush your brush. A thorough brushing should take at least two to three minutes. Try timing yourself.



Step 4

Change your usual brushing pattern. Most people brush their teeth the same way all the time. That means they miss the same spots all the time. Try reversing your usual pattern.



Step 5

Use a soft brush with rounded bristles. The right toothbrush cleans better. Choose a size and shape that allow you to reach all the way to your back teeth. There are many different types of brushes, so ask your dentist to suggest the best one for you. CDA recommends you replace your toothbrush every three months.