

Introduction

Even though we've been brushing and flossing our teeth for years and years, many of us are surprised to learn that we're not doing it properly. Case in point: Did you know that proper brushing takes at least two minutes? Most adults do not come close to brushing that long.

These four steps are the best and easiest ways to help you remember how to care for your mouth, teeth and gums:

1. **Brush at least twice a day with fluoride toothpaste** for at least two minutes, especially first thing in the morning and before bedtime.
2. **Floss every day** – usually at bedtime.
3. **Limit daily snacks.**
4. **Visit your dentist every 6 months** for an oral exam & professional cleaning.

Source: <https://www.colgate.com/en-us/oral-health/basics/brushing-and-flossing>

Dental Care

Step 1: Understand your own oral health needs.

Health conditions, Medication, Physical conditions can contribute to dental problems

Step 2: Commit to a daily oral health routine.

Step 3: Use fluoride products.

Everyone can benefit from fluoride. Fluoride strengthens developing teeth in children and prevents decay in adults and children. Toothpastes and mouthwashes are good sources of fluoride.

Step 4: Brush and floss to remove plaque.

Step 5: Limit snacks, particularly those high in simple sugars, and eat a balanced diet. A balanced diet is also important. Not getting enough minerals and vitamins can affect your oral health, as well as your general health.

Step 6: If you use tobacco in any form, quit.

Step 7: Examine your mouth regularly.

Even if you visit your dentist regularly, you are in the best position to notice changes in your mouth. look for include::

- Swollen gums
- Chipped teeth
- Discolored teeth
- Sores or lesions on your gums, cheeks or tongue

Step 8: Visit your dentist regularly.

Flossing

1. Pull 18 to 24 inches of dental floss from the floss dispenser.
2. Wrap the ends of the floss around your index and middle fingers.
3. Hold the floss tightly around each tooth in a C shape; move the floss back and forth in a push-pull motion and up and down against the side of each tooth.

Flossing

Video: http://youtu.be/ydvo_XU03s4

Brushing

1. Place the toothbrush at a 45° angle along the gum line. Move the toothbrush in a back and forth motion, and repeat for each tooth.
2. Brush the inside surface of each tooth, using the same back and forth technique.
3. Brush the chewing surface (top) of each tooth.
4. Use tip of brush to brush behind each tooth — front and back, top and bottom and up and down strokes.
5. Be sure to brush your tongue to remove odor-causing bacteria.

How to Brush Correctly

Video: <http://youtu.be/dlbvzGGkmJs>