

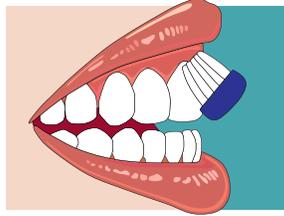
How to brush your teeth



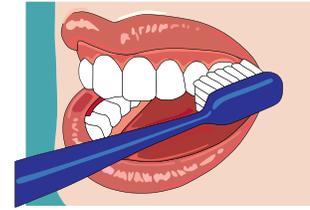
Brush your teeth for two minutes twice a day (morning and at night before bed) to remove plaque. Bedtime is the most important time to brush to help prevent cavities.



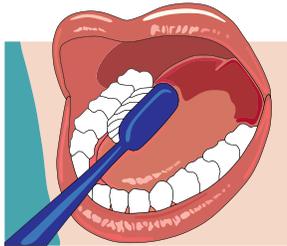
1. Use a pea-sized amount of fluoridated toothpaste on a soft bristled toothbrush.



2. Using a 45-degree angle place the bristles of your toothbrush along the gumline (where the gums and teeth meet).



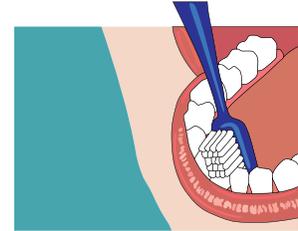
3. Starting with the outside tooth surfaces (cheek side), brush in small circles five times in each area to remove food debris and plaque.



4. Brush the inside tooth surfaces (tongue side), using the same method. Repeating five times in each area.



5. Clean the inside surfaces of the front upper teeth by tilting the brush vertically using a sweeping motion away from the gumline.



6. Clean the inside surfaces of the lower front teeth by tilting the brush vertically using a sweeping motion away from the gumline.



7. Brush the chewing surfaces of all your teeth using a back-and-forth motion. Make sure you reach the back molars to remove food debris and plaque.



8. Brush your tongue from the back, forward to remove germs and freshen your breath.

Tips

- Replace your toothbrush when the bristles look worn out. We recommend about every 3-4 months.
- Don't rush when you brush. It takes at least two minutes to do a good job brushing. Use a timer.



Durham Health Connection Line
905-668-2020 or 1-800-841-2729
durham.ca/oralhealth

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If you require this information in an accessible format, contact 1-800-841-2729.