Florida HEALTH

Brushing Techniques



1. Place your toothbrush at a 45-degree angle to your gums. Move your brush back and forth using gentle, short strokes.



2. Gently brush the outer, inside, and chewing surfaces of all your teeth, making sure to reach the back teeth.

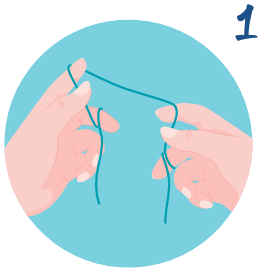


3. Clean the inside surfaces of your front teeth by tilting the brush vertically and making up-and-down strokes with the front of the brush.

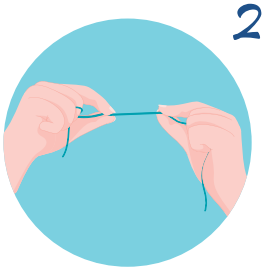


4. Don't forget to brush your tongue. This helps prevent bad breath away and removes bacteria.

How To Floss



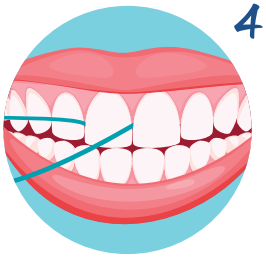
1. Use about 18 inches of floss, wrapping most of it around one of your middle fingers. Wrap the remaining floss around the same finger of the opposite hand. This finger will take up the floss as you move along.



2. Hold the floss tightly between your thumbs and forefingers.



3. Guide the floss between your teeth using a gentle, rubbing motion. Never snap the floss into the gums.



4. When the floss reaches the gum line, curve it into a C shape against one tooth. Gently slide it into the space between the gum and the tooth.



5. Hold the floss tightly against the tooth, slightly away from the gums. Gently rub the side of the tooth with an up-and-down motion, following the shape of the tooth. Repeat this method on the rest of your teeth, top and bottom. Don't forget the back side of your last teeth (at the very back of your mouth.)