

## HOW DO I BRUSH AND FLOSS?

**The best way to take care of your mouth is to brush and floss twice a day.**

This helps remove the sticky film called **plaque** that collects on teeth and gums. Plaque makes acids and toxins that can damage your teeth and gums.

Using a mouthwash can also help fight plaque. If you're not sure what kind to use, ask your dental team.

**Here are some ways to get the most out of your brushing routine:**

- **Brush for at least 2 minutes, twice a day, with a fluoride toothpaste.**

Pay special attention to your back teeth, which may have more plaque on them.

- **Use a toothbrush with soft bristles.**

Brush with gentle strokes so you don't wear away your gums or teeth.

- **Change your toothbrush every 3 months.**

Bristles that are worn remove less plaque.

- **Brush your tongue to help freshen your breath.**

Brush from back to front using a gentle sweeping motion.

**Are you holding your toothbrush correctly? Here are some tips:**



**Hold your toothbrush at a 45-degree angle to your gumline.**

Brush 2 or 3 teeth at a time. Move the toothbrush from the gums toward the edge of the teeth.



**Hold the toothbrush vertically to clean behind your upper and lower front teeth.**

Use gentle up-and-down strokes with the tip of your toothbrush.

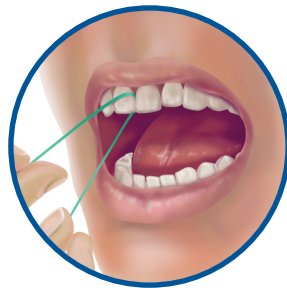
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### Flossing helps keep teeth and gums healthy.

Flossing every day removes plaque along the gumline and between teeth.

#### To floss correctly, follow these steps:

- Wind floss around your middle fingers.
- Use your thumbs and index fingers to guide floss between teeth.
- Wrap the floss around the sides of each tooth, making a “C” shape. This will help ensure that you get between gums and teeth.



#### Here are some other flossing tips:

- **Check your gums in the mirror while you floss.**

Your gums should be firm and pink. If they are red, swollen, or bleeding, see your dental team.

- **Don't stop flossing if your gums bleed.**

Flossing can improve the health of your gums and help them stop bleeding.

For more tips on brushing and flossing, talk to your dental team or visit [oralb.com](http://oralb.com).

### For a healthier mouth, consider using a electric rechargeable toothbrush.

Most electric chargeable toothbrushes remove more plaque than manual toothbrushes. Some also have built-in features that help protect teeth and gums.

#### To use a electric chargeable toothbrush:

- **Guide the brush head from tooth to tooth.**

Simply move the brush head against each tooth for a few seconds and let the mechanical movement of the brush provide the cleaning action.

- **Gently direct the brush head along the gumline.**

Follow the natural curve of your mouth.

- **Sweep the brush head along your tongue to freshen your breath.**

### Quick tips for better oral health

- The best way to take care of your mouth is to brush with a fluoride toothpaste and floss your teeth twice a day.
- Using mouthwash can also help fight plaque and freshen your breath.
- Hold your manual toothbrush at a 45-degree angle to your gumline.
- When flossing, form a “C” shape around each tooth.
- For a healthier mouth, consider using a electric chargeable toothbrush. Most electric chargeable toothbrushes remove more plaque than manual toothbrushes.