

# HOW TO BRUSH

It is important that you brush your teeth correctly at least twice a day.

The best type of toothbrush to use is a medium-texture brush with a small head (size 35–40). Soft brushes are too soft to clean properly, and hard brushes are so hard they can hurt the gums. A fluoride-containing toothpaste can help to protect the teeth from the action of acids which cause tooth decay.

If you find you cannot get the brush around the back teeth, close your mouth slightly (this moves the vertical part of the jawbone out of the way) or buy one of the small brushes with one tuft of bristles to use in this area.

**Concentrate on where the brush is, where it has been and where it is going next— so that you brush all the surfaces. The whole process should take two minutes. Time yourself!**

1. Brush the top teeth and bottom teeth separately. Start on one side and brush all the way round to the other side. With short backwards and forwards strokes.

2. The gum margin is the most important place to brush.

3. For brushing on the cheek side and the tongue side point the bristles just under the gum margin at 45°.

4. Work steadily round the outsides of all the teeth with a circular scrubbing motion.

5. Do not forget the insides of your teeth. Use the same brush angle and motion.

6. Finish off by brushing the biting surfaces. Just brush backwards and forwards here.

**Do not be put off by bleeding from your gums when you brush. Bleeding is your body's way of saying "brush more", not "brush less". If you continue to brush in the way shown, the bleeding will resolve as your gums become healthy again.**

