

## 7 steps to clean & healthy teeth

# Removing plaque is essential to good dental health.

*If plaque is allowed to remain on the teeth for 24 to 48 hours, it can harden into calculus that can cause gum disease and possible tooth loss. Once plaque forms into calculus, only your hygienist or dentist can remove it.*

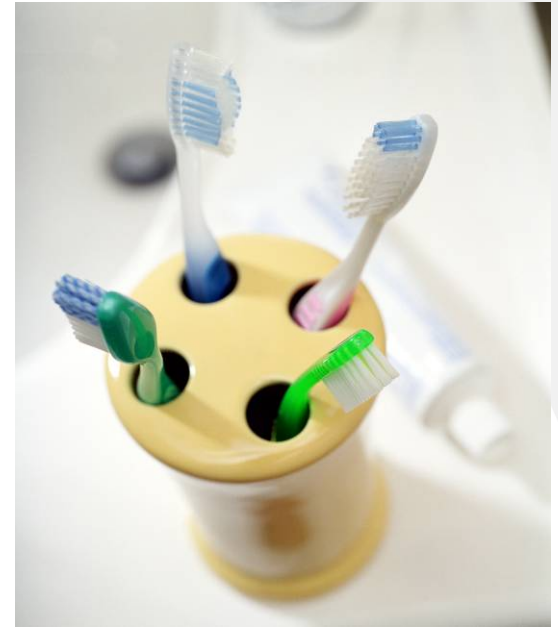
### Brush up for healthier teeth & gums.

Brushing your teeth freshens your breath, improves the appearance of your teeth, and removes bacteria-laden plaque and food particles from the exposed surfaces of your teeth.

1. Angle the bristles next to the outer surface of your teeth toward the gum line.
2. Gently move the brush in a circular motion.
3. Gently scrub all the outer surfaces of the upper and lower teeth, making sure to reach the back teeth.
4. Using the same circular motion, brush the inside surfaces of all your teeth.
5. Scrub the chewing surfaces, especially the grooves that may collect food particles in your back teeth.
6. Use the tip of the toothbrush in a circular motion to clean the front teeth.
7. Finally, gently brush your tongue to make your entire mouth feel clean and to freshen your breath.

### Remember...

- Be sure to brush your teeth at least twice a day with fluoride toothpaste.
- Brush gently. The tips of the bristles do the cleaning, so don't squash them.
- Change the position of the brush frequently, moving slowly across all the surfaces of every tooth.



### Finding the right toothbrush

- Make sure your toothbrush fits your hand comfortably and is shaped so that it reaches all parts of your mouth.
- A soft bristled brush is the most effective because the bristles get down into the grooves and spaces where plaque and food particles hide. Soft bristles are also less likely to harm teeth and gums.

**These simple, but powerful techniques  
will help protect your smile for a lifetime.**

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