

**Simple steps** for a lifetime of healthy smiles, comfortable eating, fresher breath, a good looking appearance and lower dental costs:

1. Brush properly every morning and every night.
2. Floss every night~ no matter how tired you are!
3. Eat healthier and drink lots of water.
4. Visit the dentist 1-2 times a year.
5. Use a mouth guard for activities.



**PREVENTION is ALWAYS CHEAPER than DISEASE.**

**Remember, if your gums bleed the first time you brush and floss them properly, it may be the gum disease known as “gingivitis”. You should experience no more bleeding after 1-2 weeks of proper home care. (And fresher breath too!)**

**\*If bleeding does not go away after two weeks, please see a dentist as soon as possible~ you may have a more serious, advanced type of gum disease.**



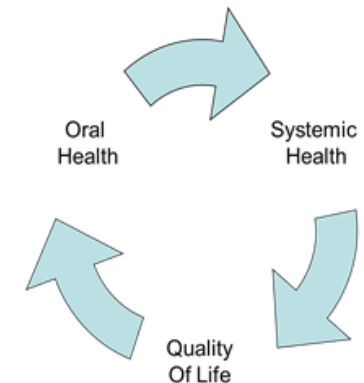
**Bartholomew County  
Health Department**

1971 State St.  
Columbus, IN 47201  
(812) 379-1555



## **Oral Hygiene & Prevention Guide**

**Your proper home care is vital in keeping your teeth for a lifetime.**



**The health of your mouth *directly* affects the health of the rest of your body, as well as your social, physical and emotional health.**

## Brush Correctly:



Place bristles along the gum line at a 45-degree angle. **Bristles should contact both the tooth surface and the gum line.**



Gently brush the **outer** tooth surfaces of 2-3 teeth using a vibrating back & forth rolling motion. Move brush to the next group of 2-3 teeth.



Angle the bristles on the tooth surface and gum line. Gently brush using vibrating back, forth, & rolling motions along all **inner** tooth surfaces. **Always contact the gums around each tooth.**



Place the brush on the **chewing surface** of the teeth. Use gentle back & forth scrubbing motions. **Be sure to brush behind the very back molars.**



Remember:

## BRUSHING

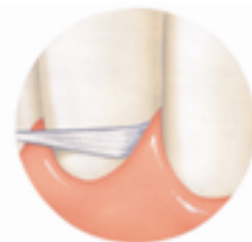
There are **3 surfaces when brushing teeth and gums:**

1. **Outside**
2. **Inside**
- and 3. **Chewing Surface**

- \* Have a start point and a stop point and brush in an orderly way so that you don't skip any areas.
- \* Brush your gums at the same time that you brush your teeth- tilt the toothbrush at an angle that includes the gums.
- \* Finish brushing by including your tongue, the roof of your mouth, and even the inside of your cheeks.
- \* Get a new toothbrush every 3 months (season change) or after illness.
- \* Brush 2- 3 times a day.

## FLOSSING

Make a "C" shape and **HUG** that tooth!



Bacteria love to hide below the gumline.

Only floss the teeth you want to keep... so floss each tooth starting with the back of the back tooth, and floss around each tooth in an orderly way. It takes practice!

## Proper Flossing:

Use a floss pick or use 18" of string floss. Wrap loosely around middle fingers of each hand. Pinch floss between thumbs and index fingers, leaving 1"- 2" of floss in between.



Keep 1" - 2" length of floss between fingers. Use thumbs to direct floss between upper teeth. Use index fingers to guide floss between contacts of the lower teeth.



**Gently** guide floss between tight teeth by using a zigzag motion. Do NOT snap floss through teeth. **Wrap (make a C-shape) floss around the side of each tooth.**



Slide floss up and down against the tooth surface and **floss just under the gum line**. Floss each tooth thoroughly.



**Don't forget the back of the back four teeth. Floss once daily, before bed is best.**