

Dental Floss

Flossing Techniques

- Cut a piece of floss about 1 foot long
- Wrap the ends of the floss around the index fingers of each hand, and leave 2 to 3 inches in the middle
- Slide the floss as far down as you can between your teeth and gums
- Slide the floss in back-and-forth motions
- When the floss gets dirty, use another piece of floss



Dental Health

Tips to improve your dental health

- Sodas, candy, and foods with a lot of sugar are bad for your teeth.
- Smoking can stain your teeth and can cause cancer in your mouth
- Do not chew ice or use your teeth to take the caps off bottles; this can break your teeth



Taking care of your dentures

- Take out your dentures before going to bed
- Brush your dentures and keep them in water overnight
- Do not put your dentures in hot water or bleach because this will damage them
- When you're not wearing dentures during the day, keep them moist or soak them in water to prevent drying

Your Dental Health



Tips and Techniques for a Healthy Smile

General Information



How does sugar cause cavities?

When bacteria in your mouth feed on sugar, they make acids. Acids break down the surface of your teeth, causing cavities.

Why are cavities bad?

If a cavity on a tooth gets too deep, bacteria can spread to the nerves and blood supply of the tooth. This can cause infection, pain, and swelling around it. Infection is serious because it can quickly spread to other areas.

Why should you worry about gingivitis and bone loss (periodontal disease)?

Gingivitis can lead to bone loss (periodontal disease). Bone loss results in loose teeth and ultimately tooth loss.

Tooth Brushing

Tips

- Use a soft toothbrush.
- Brush your teeth two times a day, especially before going to bed.
- Brush your teeth for at least two minutes.
- Do not brush your teeth too hard because this can wear away your teeth and gums.
- Replace your toothbrush every 2-3 months.
- Brush your tongue and cheeks also.



Techniques

- Move the toothbrush in small, circular motions.
- Clean all of the outer and inner surfaces of your teeth.
- To clean the chewing surfaces of your teeth, move the toothbrush in back-and-forth motions.
- Rinse when you finish.

Dental Floss

What is it?

Dental floss is thread that you should use to remove food and plaque from between your teeth and the gum-line.

Why is it important to floss?

Brushing alone cannot clean the area in between your teeth. Flossing removes food in that area and helps to keep your gum healthy. If you don't floss, your gum can bleed during brushing and your teeth can become loose over time.

How often should I floss?

Floss once a day, especially before going to bed.

