HOME CARE

Proper Toothbrushing Technique

ASPIRE DENTAL
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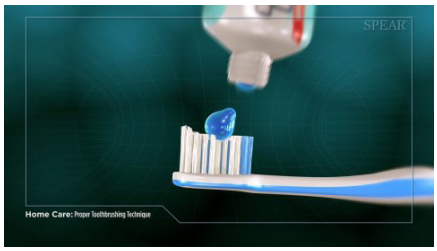
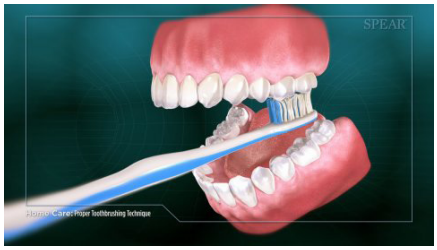
Brushing your teeth is an essential part of your daily dental care routine, and when done properly, leads to a healthy mouth and smile.

Proper brushing should take at least two minutes and be done twice a day.



Using a soft-bristled brush and a fluoride toothpaste are recommended for removing plaque from your teeth.

To follow the correct brushing technique, start by tilting the brush at a 45 degree angle against the gumline.



Using short, back-and-forth strokes, gently brush the outer, inner and chewing surfaces of the teeth.

When cleaning the inside surfaces of your front teeth, make sure to tilt the brush vertically and move your toothbrush in up-and-down strokes.

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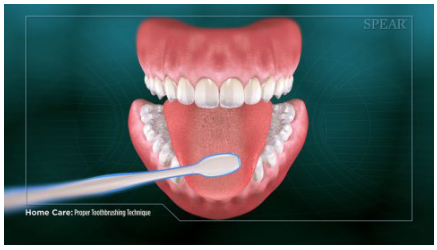

Finally, make sure to gently brush your tongue to remove bacteria and help freshen your breath.

Remember to replace your toothbrush when it begins to show wear or every 3-4 months. You should also change your toothbrush after you have had an illness.

Keeping a regular tooth brushing routine and using proper brushing technique is one of the most important things you can do to keep your teeth free of bacteria and reduce the likelihood of tooth decay.

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