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# Adult Care

## help sheet: Daily Oral Hygiene Tips



For most of us, thorough daily oral hygiene lays the groundwork for a healthy smile. Just a simple routine of **brushing** and **flossing**, in addition to regular **dental checkups**, can be enough in most cases to help prevent tooth decay, gum disease and bad breath.

### Brushing up on technique

Since there are various techniques for brushing your teeth, it's a good idea to ask your dentist which one to use. Here are a few tips to help you develop a good brushing routine:



#### Brush twice a day

Brush your teeth in the morning and before bed



Use a toothpaste with **fluoride** to help prevent tooth decay



#### Brushing gums

Hold your toothbrush at a slight angle toward the gums when brushing along the gum line.



#### Concentrate on brushing all surfaces

Use a gentle touch—it doesn't take much pressure to remove the plaque from your teeth, and a vigorous scrubbing could irritate your gums



#### Brushing your tongue

Brushing your tongue gently can help remove bacteria that cause bad breath

### The importance of flossing

Cleaning between your teeth is every bit as important as brushing. Since brushing can not effectively clean between teeth, it's important to use floss to get to those areas.

- Other items also are available to help you clean between your teeth. Ask your dentist which ones to use
- As with brushing, use a gentle touch to avoid injuring your gum tissue
- Clean between your teeth once a day