

Brushing

Quick Reference

What's the best way to fight tooth decay and gum disease? Pick up that toothbrush twice a day!

Most dental professionals recommend that you spend at least 2 minutes brushing. The following is just one of several effective ways to clean your teeth:



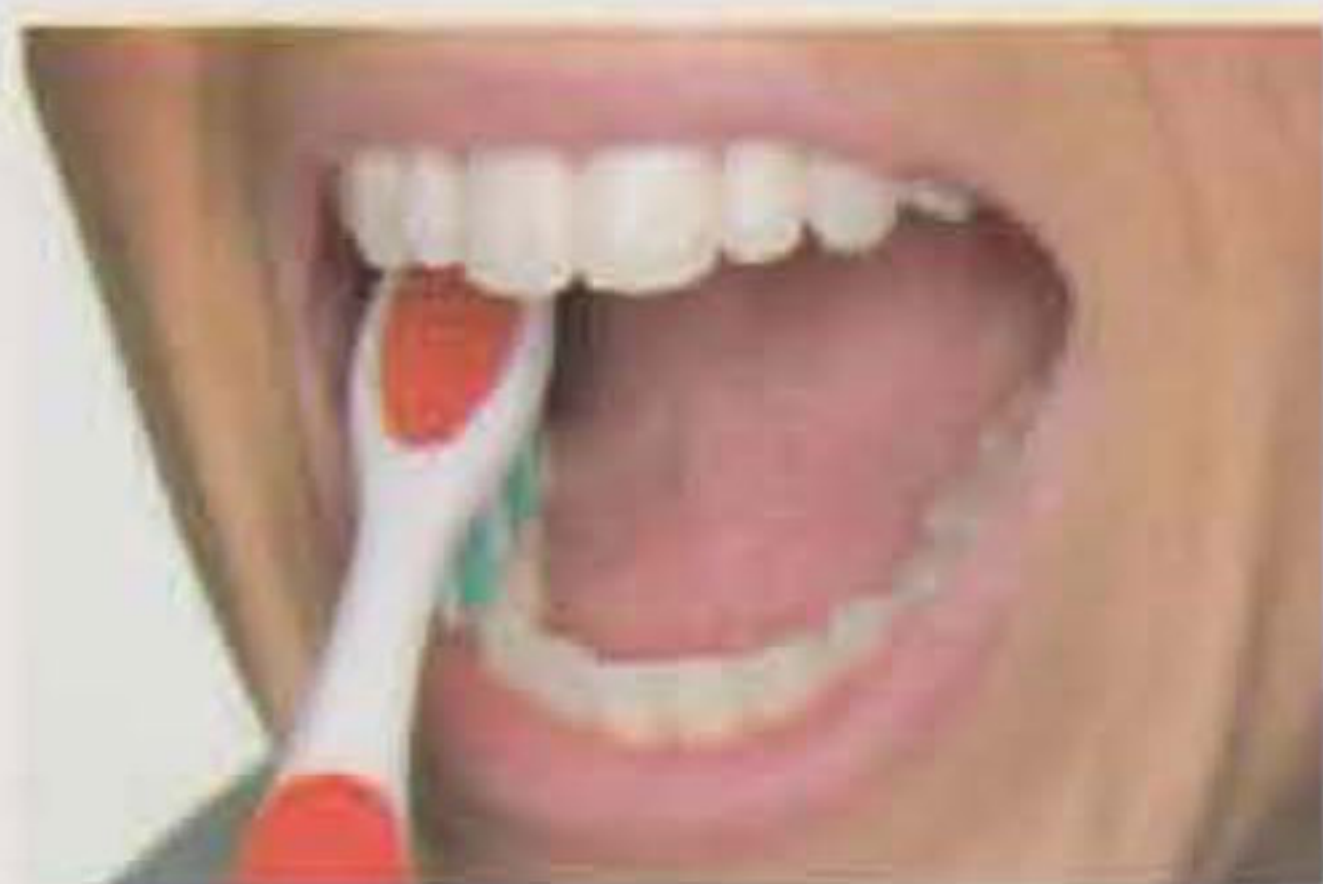
1. Place your toothbrush against your gums at a 45-degree angle. Move the brush back and forth gently in short (tooth-wide) strokes. Your dentist or hygienist can show you how.



2. Brush the outer tooth surfaces.



3. Brush the inner tooth surfaces.



4. Brush the chewing surfaces.



5. Use the top part of the brush to clean the inside surface of the top and bottom front teeth. Use a gentle up-and-down motion.



6. Brush your tongue to remove bacteria and freshen your breath.

ADA American Dental Association®

America's leading advocate for oral health

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**For a clean, healthy smile,
remember to:**

- Use oral hygiene products that display the ADA Seal of Acceptance.
- Brush twice a day with a toothpaste that has fluoride.
- Replace toothbrushes every 3 to 4 months or earlier, when bristles become worn.
- Clean between teeth with floss or another interdental cleaner once a day.
- Eat a balanced diet and limit snacks.
- Have regular dental checkups.



Notes: _____

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