

HOW TO USE

AN ELECTRIC TOOTHBRUSH

You should brush your teeth twice a day – it should take around 2 minutes

OUR RECOMMENDATION

Of the electric toothbrushes we prefer the Oral B 3D timer models. The advantages are:

- There are a variety of heads; we recommend:
 - the standard round head
 - the sensitive head (*for something softer*)
 - the interspace head (*if recommended to you*)
- It will have a 2-minute timer that pulses after 30 seconds so it allows even allocation of time to the four quarters of your mouth.
- We find that patients get better results more easily than with a manual toothbrush.

HOW TO BRUSH

DO'S:

- Hold it with your fingers (finesse) →
- It is not a brush →
- Angle at 45 degrees to the tooth →

DON'TS:

- not your fist (power)!
- but a buffer! – *plaque is soft. Hold it in one place, buff for a few seconds then move along and repeat.*
- not at 90 degrees – *head angulation is important. The bristles will adapt into the spaces between the teeth.*



x incorrect - not at 90°



✓ angle at 45°



✓ angle at 45°

PRO TIP

Do not try to clean the top & sides at the same time – you will miss down by the gum-line which is the most important area.



HOW TO USE

A MANUAL TOOTHBRUSH

You should brush your teeth twice a day – it should take around 2 minutes

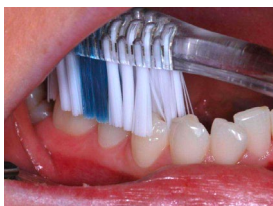
BRUSHING TECHNIQUES

You will hear lots of advice on the ‘best’ way to brush your teeth. Whilst some work well for one person, other techniques are more suited to others. We tend to avoid the old fashioned scrub technique, and also find the “circles & flicks” technique doesn’t work overly well.

We often teach the ‘push – jiggle – flick’ technique. You need to use a short head, soft or ‘sensitive’ toothbrush.

HOW TO BRUSH

- Park the brush leaning at 45 degrees to the tooth – do not try and clean the top and sides at the same time
- Do a small jiggle – the bristles will adapt and work their way into the space between the teeth
- Flick up the tooth. Do this 2-3 times in the same spot then move along around the arch
- On the inside at the front, top and bottom you may need to stand the brush up on its end using the ‘toe’ of the brush to clean



x incorrect



✓ correct at 45°



✓ correct



✓ correct



HOW TO FLOSS CORRECTLY

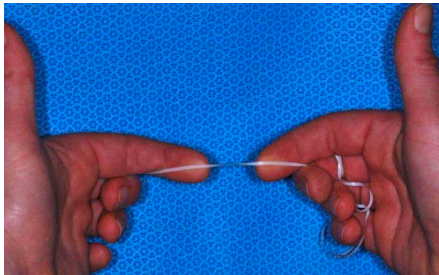
Flossing not only removes food from between your teeth but gets the plaque off where the toothbrush can't reach.

FLOSSING TECHNIQUE

Flossing on a daily basis is essential to remove plaque build-up between your teeth where the toothbrush can't reach. It is the only form of homecare where you actually get below the gum-line. A lot of people use floss to remove food from between their teeth but don't get the plaque off. When you floss imagine trying to wipe a film off the tooth!

Use enough floss (30-40cm) to hold it comfortably in your hands. Wind the floss around your middle fingers and then support it with your index fingers and or thumb – see how it sits on the ball of your fingers.

HOW TO FLOSS



- Put one finger over your tongue, the other inside your lip, i.e. on either side of the tooth you are cleaning
- Because you have separated the holding (middle fingers) and directing (thumb / index fingers functions, once you are through the contact between the teeth, you can slide your index fingers closer together towards each side of the tooth.

- This gives you better control – wrap it around the tooth (like a “c”) as shown, then slide up and down wiping the surface.
- If you find it difficult, ask us to demonstrate it again for you when you are next in.

