

# **Flynns Dental Care Guide to Tooth Brushing**

Proper brushing is essential for cleaning teeth and gums effectively.

Use a toothbrush with soft, nylon, round-ended bristles that will not scratch and irritate teeth or damage gums.

Always brush your upper and lower teeth separately, with your teeth apart.

Start with your upper teeth and then repeat for your lower teeth.



Place bristles along the gum line at a 45 degree angle. Bristles should contact both the tooth surface and the gum line.



Gently brush the outer surfaces of each tooth using small, circular movements.



Gently brush the inner surfaces of each tooth using small, circular movements and keeping the bristles at a 45 degree angle along the gum line.



Tilt brush vertically behind the front teeth. Using the front half of the brush, make several small, circular movements.



Brush the biting surfaces of the teeth.

Remember to brush your tongue from back to front to remove odour-producing bacteria.

Sources: Irish Dental Hygienists Association. British Dental Health Foundation