

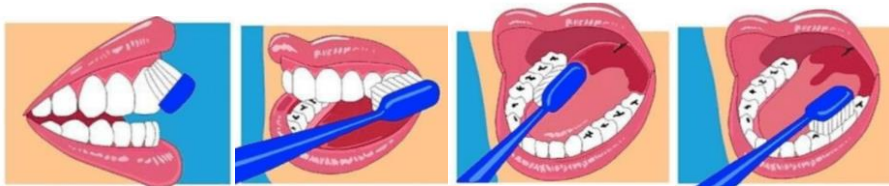
Oral Hygiene Education

Taking good care of our teeth and gums is important so that we can eat, speak and enjoy life well. Daily care such as proper brushing and flossing, will help stop tooth decay and gum disease.

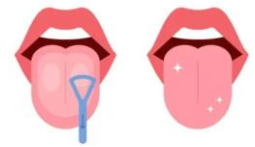
What is the proper brushing technique?

It is recommended that you brush your teeth twice a day.

1. Use a soft bristle toothbrush and tilt the brush at a 45-degree angle against the gumline, and sweep or roll the brush away from the gumline.
2. Gently brush the outside, inside and chewing surface of each tooth.
3. Gently brush your tongue to remove bacteria and freshen your breath.



Source: Learn the Effective Brushing Techniques | ADC- Website

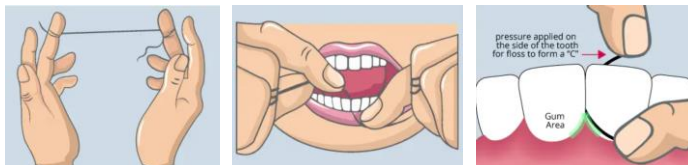


Source: <https://stock.adobe.com/sg>

How do I floss my teeth?

It is important to floss daily.

1. Use about 18 inches (45 cm) of floss, leaving an inch or two to work with.
2. Gently slide it down between your teeth.
3. Curve the floss around each tooth in a "C" shape, be sure to clean beneath the gumline, but avoid snapping the floss on the gums.



Source: <https://www.twinkledental.com.sg/flossing/>

Interdental Brushes

If you have gaps between your teeth, you are recommended to use an interdental brush for cleaning.

How do I choose the right interdental brush size?

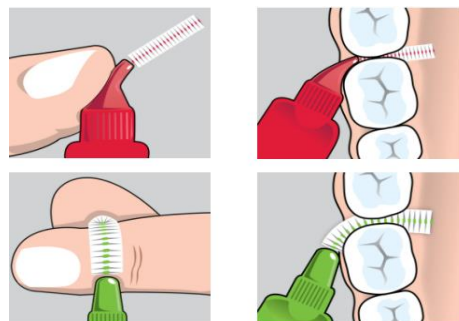
1. You may need more than 1 size if you have differently sized gaps between your teeth.
2. Check the size by gently inserting the interdental brush into the gap between your teeth, close to the gumline.
3. There should be no pressure or discomfort on the gums, and you should feel the brush bristles touching both teeth surfaces. This will give a snug fit.

How do I use an interdental brush?

1. Choose an interdental brush of the right size.
2. For cleaning teeth at the back, you may gently bend the brush bristle as shown in the pictures below.
3. Gently insert it into the gap between your teeth.
4. Avoid forcing the brush into the space.
5. Move the brush in and out in each space a few times.
6. You may reuse the same brush by gently squeezing with fingers under running water to remove dirt and change it when the bristles are flattened/worn out.



Source: GaroManjikian/Shutterstock



Source: TePe.com