

"BRUSHING AND FLOSSING"



LEARN HOW TO PROPERLY BRUSH AND FLOSS YOUR TEETH WITH LILY AND THE NOT-SO-SCARY DENTIST, DR. KELLY!

IMPORTANCE OF ORAL HEALTH

- ORAL HEALTH AND OVERALL HEALTH ARE CONNECTED.
- DAILY REMOVAL OF PLAQUE ON THE SURFACES AND IN BETWEEN YOUR TEETH BY BRUSHING AND FLOSSING HELPS TO MAINTAIN A HEALTHY MOUTH AND PREVENT DISEASES.
- IF THE PLAQUE IS NOT REMOVED, IT CAN LEAD TO DISEASES SUCH AS GINGIVITIS (GUM DISEASE) AND CARIES (CAVITIES).



HELPFUL HINTS

- USE A PEA-SIZED AMOUNT OF TOOTHPASTE ON YOUR TOOTHBRUSH.
- TOOTHPASTE WITH FLUORIDE HELPS TO PROTECT YOUR TEETH.
- DO NOT SWALLOW THE TOOTHPASTE.
- CHANGE YOUR TOOTHBRUSH EVERY 3 MONTHS AND AFTER YOU'VE BEEN SICK.
- SPEAK WITH A DENTAL PROFESSIONAL FOR YOUR INDIVIDUALIZED ORAL HEALTH NEEDS - THERE ARE MORE WAYS THAN ONE TO BRUSH AND FLOSS!



BRUSHING HABITS & SKILLS

- BRUSH FOR 2 MINUTES, 2 TIMES PER DAY.
- DEVELOP AN ORDER WHEN BRUSHING YOUR TEETH TO ENSURE NONE ARE MISSED.
- BRUSH ALL SURFACES OF ALL OF YOUR TEETH.
- USE GENTLE PRESSURE ON YOUR TOOTHBRUSH.
- ANGLE YOUR TOOTHBRUSH BRISTLES TOWARDS YOUR GUMS.
- BRUSH YOUR TONGUE.



FLOSSING HABITS & SKILLS

- DON'T FORGET TO FLOSS EVERY DAY.
- TAKE HALF AN ARM'S LENGTH OF FLOSS AND WRAP THE FLOSS AROUND YOUR THIRD FINGERS OR TIE THE TWO ENDS INTO A CIRCLE. SLIDE THE FLOSS IN BETWEEN YOUR TEETH, MAKING A C-SHAPE AROUND THE TOOTH. GENTLY WIGGLE THE FLOSS UP AND DOWN, THEN SWITCH SIDES. UNWIND CLEAN FLOSS AND REPEAT UNTIL ALL SPACES HAVE BEEN DONE.

