

TOOTH BRUSHING SIMPLIFIED

The Brush To Use:

Hard bristles were once recommended but are now thought to be too abrasive to the teeth and gums. We now suggest a **soft, rounded-end nylon bristle brush**. Be sure to discard brushes when the bristles are bent or frayed or approximately every three to four months.

How To Brush :



Begin by placing the head of the brush beside your teeth, with the bristles angled against the gum line (where the teeth and gums meet). Think of the brush as both a toothbrush and a gum brush. With the bristles contacting both tooth and gum, move the brush back and forth several times in a circular motion across each tooth individually.

Use a short stroke and a gentle scrubbing motion, as if the goal were to massage the gum. Don't try to force the bristles under the gum line; that will happen naturally, especially with a brush that has soft, flexible bristles.



Brush the outer surfaces of the upper and lower teeth. Then use the same short back-and-forth strokes on the inside surfaces. Try to concentrate harder on the inside surfaces; studies show they're more often neglected. For the upper and lower front teeth, brush the inside surfaces by using the brush vertically and making several gentle up--and-down strokes over the teeth and gums.

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Finish up by lightly scrubbing the chewing surfaces of the upper and lower teeth. You should also brush your tongue for a fresher breath.

If you have any questions regarding this or any other aspect of your dental care, please feel free to call upon any member of our dental team. We are dedicated to providing you with the finest in dental care. Please let us know how we can help

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