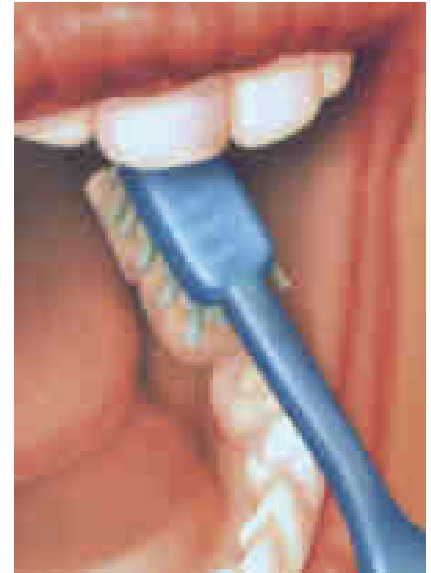


Proper Brushing Techniques



Plaque is a sticky white film that collects on your teeth. It contains harmful bacteria that are the major cause of both tooth decay and gum disease. This plaque must be regularly removed with proper brushing and flossing.

The most commonly recommended method of brushing is the circular scrub. This method recommends that you hold your brush at a 45 degree angle to the teeth.

1. Brush all surfaces with a small circular motion.
2. The most important area to brush is where your teeth meet your gums. The inside surface of the front teeth can best be reached with the brush orientated
3. Since every dental patient presents a different situation, your Dentist may have special instructions for the brushing care of your teeth.

Regular visits to your Dentist are necessary in order to ensure that any tartar (calcified plaque) is removed from the surface of your teeth. Regular cleanings by your Dentist/Hygienist also reinforce the proper home care of your teeth.

Patient: _____ Date: _____
Comments/Diagnosis:

