



Redcliffe Dental Rooms

Tooth Brushing Technique

Dental plaque is a soft, sticky substance that builds up on your teeth. Dental plaque is mostly bacteria and it grows from the sugar found in food and liquids. Plaque produces an acid that attacks teeth and gums leading to; decay, gum disease, bone erosion and loss of teeth.

Fluoride makes dental plaque less able to produce and it also helps teeth to self-heal. This is why brushing twice a day, for at least two minutes with a fluoride toothpaste is important.

How to brush your teeth

1. Use a soft or medium bristle toothbrush, twice a day for at least two minutes
2. Place the bristles at the point where your teeth meet your gums and while pointing towards the gums, brush using circular movements
3. Brush all around the surface and edges of every tooth – making sure you can feel the brush on your gums
4. Do not use too much force
5. After brushing, spit out residual toothpaste and saliva – do not rinse as this reduces the fluoride
6. Replace your toothbrush every 8 to 12 weeks, or earlier if you notice the bristles do not retain their shape

How to brush your children's teeth

Children can find brushing tedious and may be reluctant to engage in the process, leading by example can reap rewards – brush together!

1. Children should only be given a small, pea sized amount of fluoride toothpaste
2. Assist your child by encouraging them to tilt their head backwards so all teeth can be seen and reached
3. Follow steps one to five, as described above
4. Replace toothbrushes every 8 to 12 weeks, or earlier if you notice the bristles do not retain their shape

If you have any questions arising from this advice sheet, or any service offered at Redcliffe Dental Rooms, please feel free to contact us.

A member of our Client Service Team should be available to assist you Monday to Saturday, from 7am to 10pm.

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