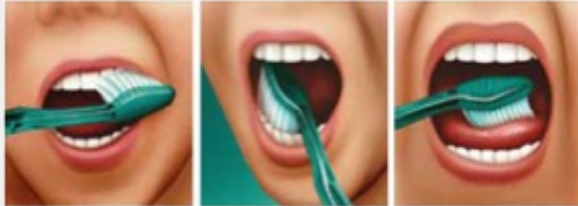


## How to Brush and Floss Your Teeth

### Proper Brushing Technique

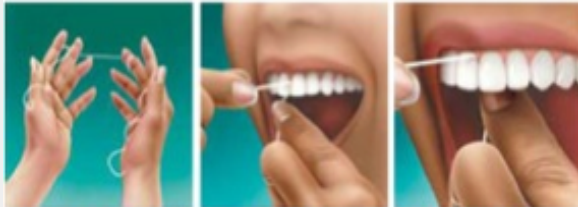


Tilt the brush at a 45° angle against the gumline and sweep or roll the brush away from the gumline.

Gently brush the outside, inside and chewing surface of each tooth using short back-and-forth strokes.

Gently brush your tongue to remove bacteria and freshen breath.

### Proper Flossing Technique



Use about 18" of floss, leaving an inch or two to work with.

Gently follow the curves of your teeth.

Be sure to clean beneath the gumline, but avoid snapping the floss on the gums.

- ★ Brush teeth twice a day for 2 minutes in circular motions
- ★ Floss at least once a day in a C-shape to hug the floss around each tooth

## Northern Arizona University Department of Dental Hygiene

208 E Pine Knoll Drive  
PO Box 15065  
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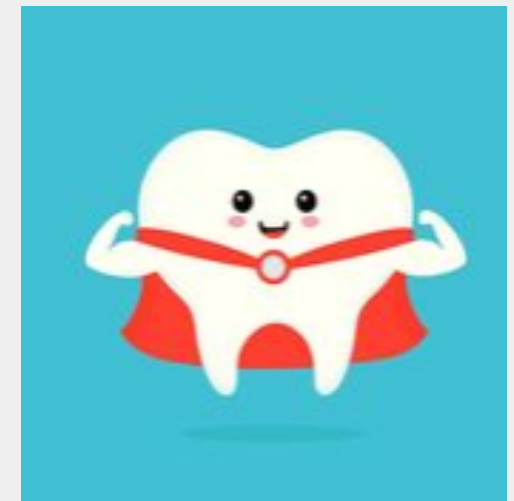
Phone: 928-523-5122  
Fax: 928-523-6195  
[nau.edu/dental-hygiene](http://nau.edu/dental-hygiene)

## References

- Wilkins, E. (2017). *Clinical practice of the dental hygienist* (12<sup>th</sup> ed.). Philadelphia, PA: Wolters Kluwer.
- Anil, S., & Anand, P. (2017). Early childhood caries: Prevalence, risk factors, and prevention. *Frontiers in Pediatrics*, 5, 157. doi: 10.3389/fped.2017.00157

# Keeping Your Smile Strong!

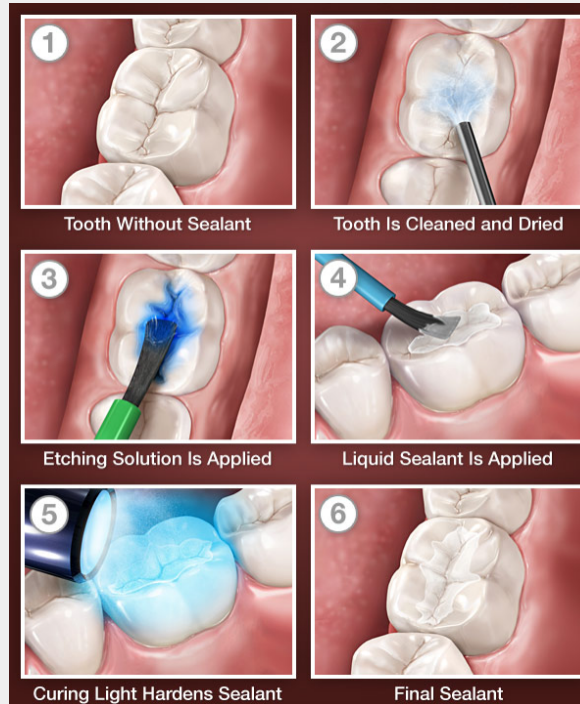
*How Sealants, Fluoride, and  
Homecare are Key to a  
Happy, Healthy Mouth*



## Lower your risk for decay by...

- ★ Limiting frequency of sweets in-between meals
- ★ Avoiding slowly dissolving foods like hard candy
- ★ Drinking water and eating foods that do not progress decay like low-fat cheese, nuts, raw vegetables, and crunchy fruits
- ★ Avoiding constantly sipping on sweetened beverages
- ★ Regularly visiting the dentist
- ★ Using fluoride products and getting dental sealants

## Sealants and Fluoride

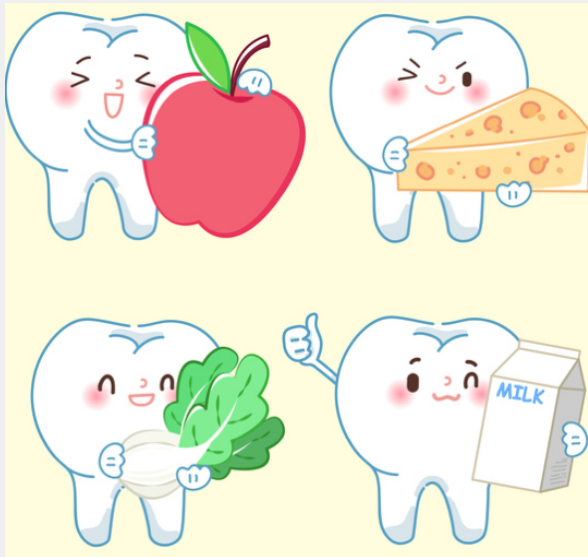


### Benefits of Fluoride

- ★ Natural, essential nutrient that forms and strengthens teeth and bones
- ★ Prevents and remineralizes decay

### Benefits of Sealants

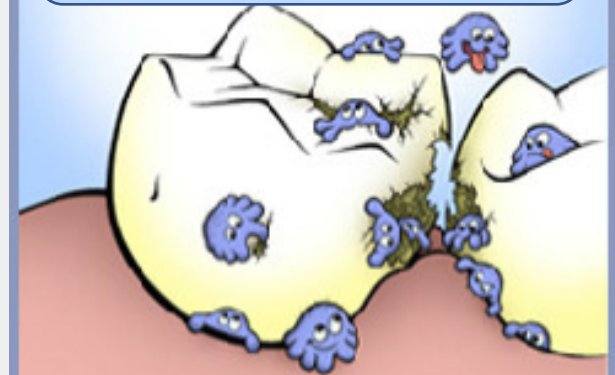
- ★ Plastic barrier to protect chewing surfaces from sugar-bugs
- ★ Close off deep pits that cannot be properly cleaned
- ★ Release fluoride



## What happens to teeth if nutrition and homecare are ignored?

Sugar-bugs cause decay.

Sugar-bugs can make decay bigger and bigger. They can also move to your next tooth and start decay there too.



Decay in children ages 0-2 is on the rise worldwide and is one of the most common preventable diseases.



If children do not properly clean their teeth before bed, decay could be a result. **Proper homecare removes sugar-bugs** from teeth surfaces!