

## Toothbrushing advice<sup>1-5</sup>

- Brush twice a day, everyday with a fluoride toothpaste
  - Once last thing at night and one other time
- Replace your toothbrush regularly (every 1-3 months)<sup>1</sup>
- Ask your dentist about the best **brushing technique** for you
- Reduce sugary foods and drinks and don't brush straight after eating

## Here is an example of brushing technique:



 Place the toothbrush at a 45-degree angle to the gums



- Using short strokes, gently move the brush back and forth
- Brush all surfaces of the teeth, including the outer, inner and chewing surfaces



 Tilt the brush vertically and make several up-and-down strokes to clean the inside surface of the front teeth



 Brush your tongue to remove bacteria and keep your breath fresh









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## References:

- 1. Public Health England, Department of Health Delivering better oral health: an evidence-based toolkit for prevention. 2017
- https://www.bda.org/brushing
   https://www.dentalhealth.org/
- 4. https://www.dentaineaith.org/
  4. https://www.mouthhealthy.org/en/az-topics/b/brushing-your-teeth
- 5. https://www.ada.org.au/Your-Dental-Health/Adults-31-64/brushing