

# Dictionary of dentistry

-No. 2-

"What's the secret to proper brushing?"

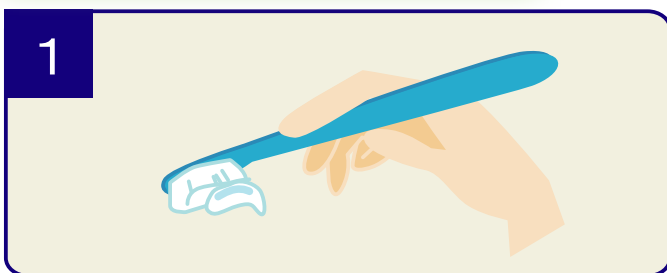
## \*Do you brush your teeth properly?

The first step in preventing tooth decay is proper brushing!

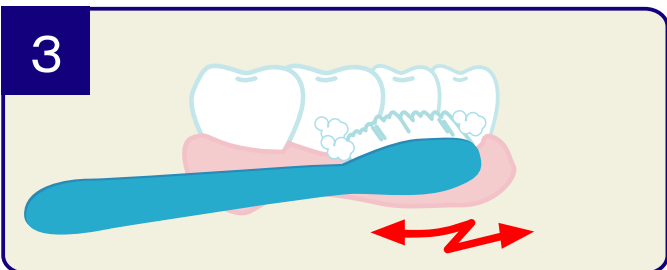
It's not unusual for people to complain that they suffer from problems like tooth decay or gum disease despite daily brushing. In most cases, these problems are attributable to improper brushing technique.

While brushing your teeth is important, results will be only half as good as they could be if you don't pay adequate attention to brushing technique. You can prevent tooth decay and gum disease by learning the right way to brush your teeth.

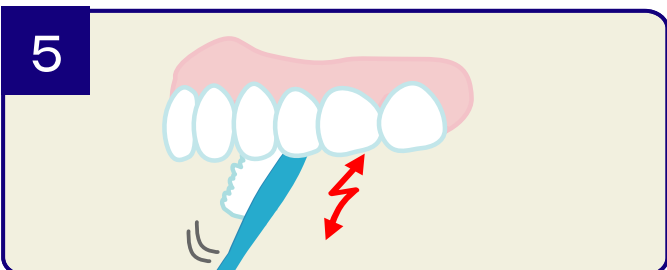
## \*Scrubbing



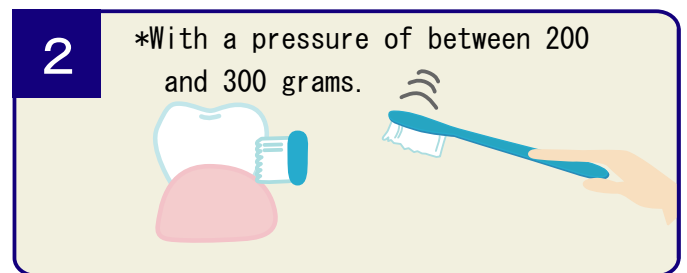
Squeeze some toothpaste onto your toothbrush. The amount should be just enough to cover about one-third of the surface of the head of the toothbrush. Hold the toothbrush lightly, as if you were holding a pencil.



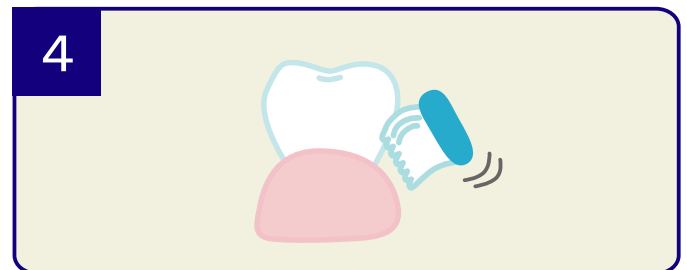
Use short, quick brush strokes. As a rule, brush around 30 times in one spot, lifting and replacing the toothbrush every ten strokes. Move the toothbrush one to one-and-a-half teeth each time you lift and replace.



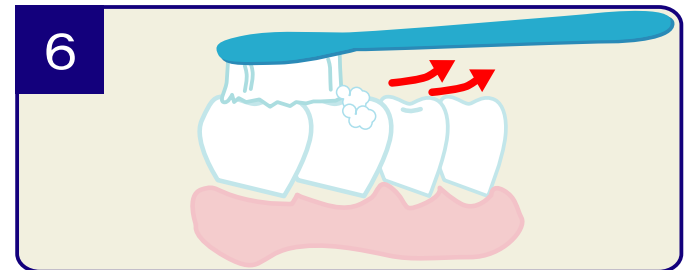
When brushing the inner surface of your top front teeth, place the toothbrush head lengthwise against your teeth and rapidly move it up and down to remove food debris. Use the same action to clean the inner surface of your bottom front teeth.



Always position the toothbrush parallel to the gum line and maintain full contact between the brush head and gum line. The best results are achieved by brushing with a pressure of between 200 and 300 grams.



Since it's hard to reach the inner surface of your back teeth with the brush head held parallel to the gum line, tilt it approximately 45 degrees.



Use slightly more pressure to brush the surfaces where your top and bottom teeth meet. Brushing is easier if you close your mouth slightly.

The primary goal of brushing your teeth is to remove plaque, which leads to problems such as tooth decay and gum disease. No matter how long you spend brushing your teeth, you're wasting your time if you're not removing plaque. It's also important to concentrate on areas that tend to get the dirtiest, as well as areas that are difficult to clean.

## \*Five points to remember when brushing your teeth

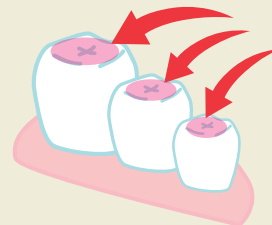
- ① Brush lightly, without exerting too much pressure . . . . . If you exert too much pressure, the ends of the toothbrush bristles will fan out, preventing proper cleaning. Brush carefully with short, quick strokes, avoiding excessive pressure.
- ② Brush especially carefully before going to bed . . . . . If you go to bed without properly cleaning your teeth, the bacteria that cause gum disease will multiply during the night. Get into the habit of brushing your teeth every night before going to bed.
- ③ Brush with a small toothbrush . . . . . Avoid using a toothbrush that's too big - you're more likely to miss some areas with a brush that's too big.
- ④ Brush the area between your teeth and gums . . . . . You can help prevent gum disease by thoroughly brushing the gum line as well as your teeth.
- ⑤ Seek to brush each area once . . . . . You'll brush more thoroughly if you decide on a starting point and brush each area just once, rather than moving your toothbrush around randomly.

## \*Areas that need special attention

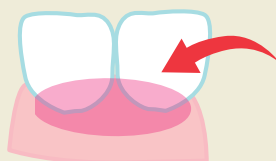
The inner surface of the rearmost teeth



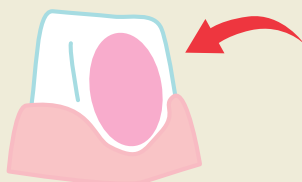
The grooves in the surfaces of the top and bottom molars



Gum lines



The inner surface of the front teeth



Gaps between adjoining teeth

