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Brushing

There are many methods of tooth brushing. Modified techniques around braces, implants and bridgework, together with oral aids are essential in successfully removing plaque. Make sure you ask our hygienist to demonstrate and recommend the method best suited to your individual needs.

Use a good quality soft bristled toothbrush with a comfortable handle and a head small enough to easily reach all surfaces of your teeth. Use a brush that is not frayed and remember to change it every 2 to 3 months. Brush for at least 3 minutes in order to cleanse all surfaces of the teeth.

- Outer surfaces all teeth: Hold the bristles of the brush at a 45° angle to the teeth and use a gentle circular motion.
- Inner surfaces of back teeth: Same as above.
- Inner surfaces of all front teeth: Place the head of the brush in a vertical position behind the front teeth and use an up and down motion.
- Chewing surface: Use short strokes and move the bristles gently over the grinding surfaces.