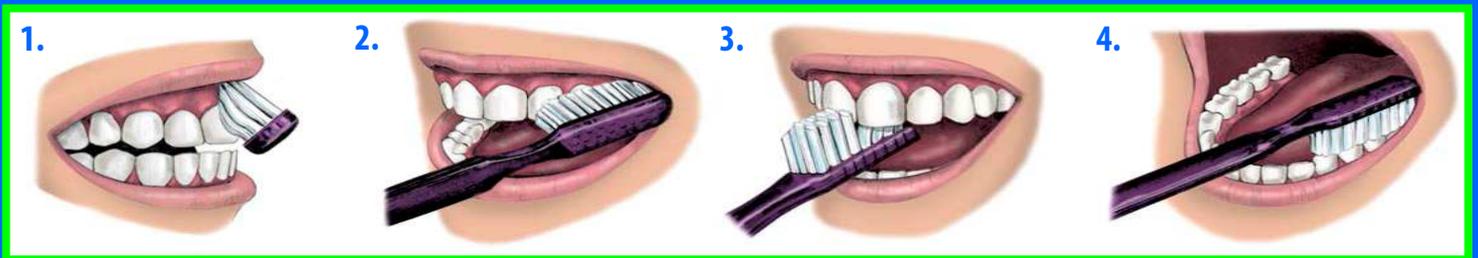


Cleaning Your Teeth and Gums

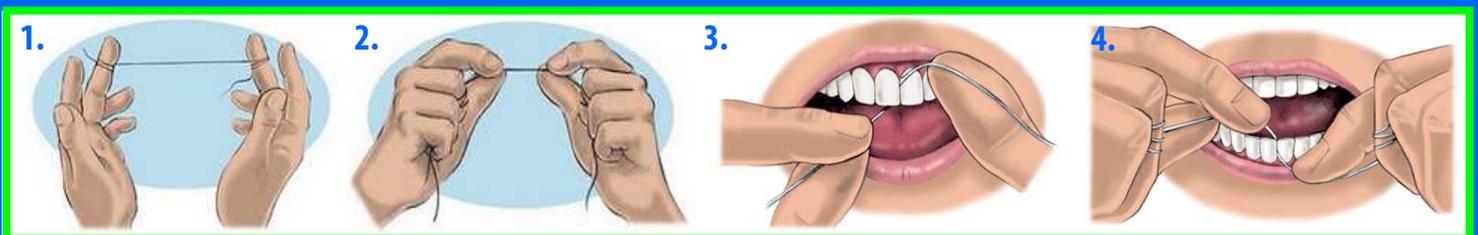
Practice **GOOD BRUSHING!**

1. Tilt your toothbrush and put the bristles next to your gum line. The bristles should touch both the tooth and the gum line .
2. Use a gentle vibrating movement to brush the outside surfaces of 2-3 teeth at a time. Be sure to brush both sides of the teeth!
3. Tilt brush up and down behind the front teeth. Make up and down strokes using the bristle side of the brush.
4. Brush the tongue from back to front to get rid of odor-producing bacteria!



Practice **GOOD FLOSSING!**

1. Wrap the ends of an 18" to 24" section of floss around your middle fingers.
2. Hold the floss between your thumbs and your pointer fingers. Leave about 1" of floss between your two hands.
3. Gently guide the floss between your teeth. When you reach the gum line, curve the floss into a "C" shape around the tooth. Make sure to go below the gum line too!
4. Gently glide the floss up and down between each tooth, including your back teeth. Apply pressure against the tooth while flossing. Unwind new floss as needed.



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