



Prevention



Brushing Quick Reference

What's the best way to fight tooth decay and gum disease?
Pick up that toothbrush twice a day!

Brush your teeth for two minutes twice a day and use a toothpaste with **fluoride (FLOOR-eyed)**, a natural mineral that helps make teeth stronger.

Choose a soft-bristled toothbrush in a size and shape that fits your mouth comfortably. Replace your toothbrush every three months, or sooner if the bristles are worn or frayed. Both manual and powered toothbrushes are effective at removing plaque.

Your dentist or dental hygienist can show you how to brush. Here are some tips to help you start a good routine:



1. Place your toothbrush against your gums at a 45-degree angle. Move the brush back and forth gently and in short strokes, about as wide as each of your teeth.



2. Brush the outer tooth surfaces.



3. Brush the inner tooth surfaces.



4. Brush the chewing surfaces.



5. Use the top part of the brush to clean the inside surface of the top and bottom front teeth. Use a gentle up-and-down motion.

Eating a healthy diet, limiting snacks and visiting your dentist regularly will help you keep your smile healthy for years to come.

ADA American Dental Association®
America's leading advocate for oral health



Prevention

Brushing | Quick Reference

For a clean, healthy smile, remember to:

- Use products that show the **ADA Seal of Acceptance**.
- Brush twice a day with a fluoride toothpaste and for two minutes each time.
- Clean between teeth daily.
- Eat a healthy diet that limits sugary beverages and snacks.
- See your dentist regularly for prevention and treatment of oral disease.



ADA American Dental Association®
America's leading advocate for oral health

W257

To order additional copies,
call 800.947.4746
or visit ADAcatalog.org

© 2020 American Dental Association
All rights reserved.

