



Hanham Dental

Tooth Brushing Instructions

You must brush your teeth twice a day to help maintain your oral health.

When brushing your teeth, apply toothpaste directly onto a dry toothbrush. You need a pea sized amount of toothpaste on the brush head. Please ensure you're using a toothpaste with fluoride.

Do not wet the toothbrush or paste before use. Spread the toothpaste around your teeth before you start brushing to ensure an even spread of toothpaste around your mouth.

Hold the brush in a pencil grip to get better control of the toothbrush. Angle the brush head at a 45-degree angle pointing towards the gums.

If using a manual brush, brush in little circular motions at the gum margin for 5 seconds then move the brush along the gum line. If using an electric brush, hold the brush still at the gum margin for 5 seconds before moving the brush along.

Brush your gum margins as well as the biting surfaces of the teeth, this should last at least 2 minutes.

When you have finished brushing, spit out any toothpaste residue but **do not** rinse your mouth with water or mouthwash. This will leave toothpaste residue on your gums and teeth, allowing the chemicals in the toothpaste to get absorbed. This ensures that you get the full chemical benefit of the toothpaste.

Interdental brushes and floss should be used before brushing your teeth. This will remove any debris from between your teeth before the toothpaste can then get into spaces.

If you want to use mouthwash, use it at a separate time such as after lunch. Please note that Corsodyl should only be used if advised by your dentist, as overuse may lead to tooth staining. It also attaches to your taste buds, leading to changes to the way you taste your food.

If you have any questions about brushing your teeth, please call the practice on 0117 960 2940 or email info@hanhamdental.co.uk