



Dental Hygiene



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October is National Dental Hygiene Month! Read on for reminders of simple ways to incorporate oral health into an active and busy life.

BRUSH

Brushing your teeth for two minutes at least twice a day remains a critical component to maintaining a healthy smile. Studies have shown that brushing for two minutes is perhaps the single most important step an individual can take to reduce plaque build-up and the risk of plaque-associated diseases, such as cavities and gingivitis. Proper brushing is essential for cleaning teeth and gums effectively.



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FLOSS

Flossing is an essential part of the tooth cleaning process because it removes plaque from between teeth and the gum line, where periodontal disease often begins. If you find using floss awkward or difficult, ask your dental hygienist about the variety of dental floss holders or interdental cleaning devices that are available.

1. Wind 18" of floss around the middle fingers of each hand. Pinch floss between thumbs and index fingers, leaving a 1" to 2" length in between. Use the thumbs to direct floss between your upper teeth.
2. Keep a 1" to 2" length of floss taut between your fingers. Use your index fingers to guide floss between contacts of the lower teeth.
3. Gently guide floss between the teeth by using a zig-zag motion. Do not snap floss between your teeth. Contour floss around the side of the tooth.
4. Slide floss up and down against the tooth surface and under the gum line. Floss each tooth thoroughly with a clean section of floss.



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