

ORAL HEALTH THROUGH EVERYDAY CARE

For more oral health information visit the
Oral and Dental Health Resource Centre
at colgate.com.au



Colgate Consumer Information Service (Free Call)

AUS: 1800 802 307 NZ: 0800 441 740

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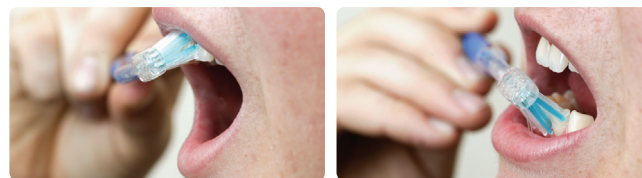
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TOOTHBRUSHING TECHNIQUE

- Always use a soft toothbrush
- Use a fluoride toothpaste
- Brush twice a day
- Don't apply pressure – let your brush do the work



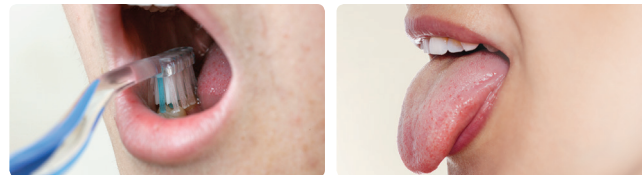
Place brush at 45 degree angle to the gum – use gentle circular motion at the gumline



Brush the outside surfaces and the inside surfaces of all the lower teeth



Brush the outside surfaces and the inside surfaces of all the upper teeth



For the chewing surfaces, use a firm back and forth motion and don't forget to clean your tongue

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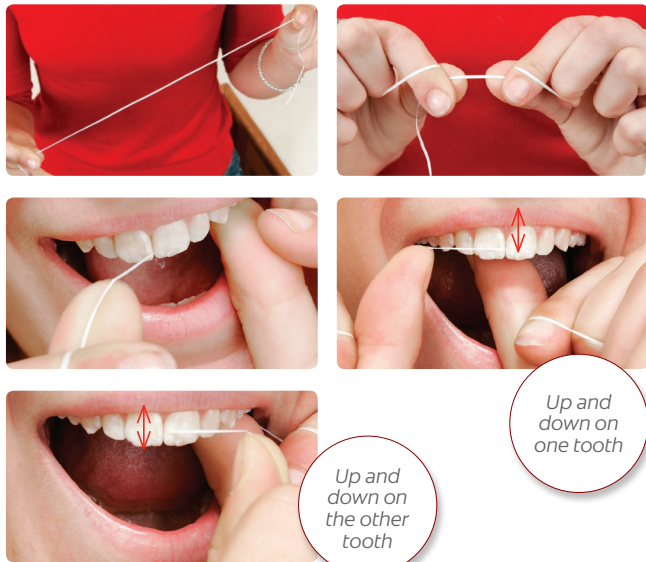
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USE FLOSS TO CLEAN WHERE YOUR TOOTHBRUSH CAN'T REACH.

- Take about 50cm of floss and wind the ends around the middle or index fingers
- Grip the floss firmly with the index finger & thumb
- Guide the floss between the teeth using a gentle sawing motion. Be careful not to snap the floss onto the gums
- Gently scrape each tooth using an up and down motion but be careful not to snap the floss onto the gums



MOUTHWASH

- Adding a mouthwash to your daily oral care routine can be another way to limit plaque build up, maintain healthy gums and freshen bad breath.
- Swish about half a capful of mouthwash around in your mouth for 30 seconds, and avoid eating and drinking for about 30 minutes afterwards.

'TOOTH FRIENDLY' FOOD AND DRINKS

- Enjoy a wide variety of nutritious foods
- Enjoy healthy snacks such as dairy products, unsalted popcorn, fruits and vegetables in place of sugary or sticky snacks and sweets
- Limit intake of acidic drinks such as soft drinks, sports drinks, fruit juices, cordials and don't sip on them for too long
- Drink water!