

Oral health through **everyday** care

Brushing and flossing technique



Colgate[®]

Everyone deserves
a future they
can smile about

Toothbrushing technique

- Always use a **soft** toothbrush
- Use a **fluoride** toothpaste
- Brush **twice** a day
- Don't apply excessive pressure – **gentle motions** are sufficient



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



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



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



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

† After application as directed. Always read the label. Follow the directions for use. If symptoms persist, talk to your health professional.

Colgate[®]

Flossing technique

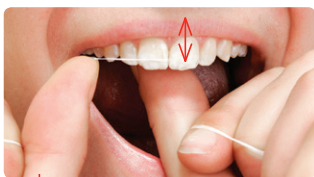
- Proper flossing **removes plaque** and food particles in places where a toothbrush cannot easily reach
- **Floss daily**



1. Use a **30-45cm piece** of floss.



2. **Wrap the floss** around each middle finger and hold it firmly between your thumbs and index fingers.



Up and down on one tooth

3. **Guide the floss between teeth**, slide it up-and-down the side of each tooth, curving it around the base of the tooth and gently beneath the gumline.



Up and down on the other tooth

4. Make sure you **use clean sections of floss** as you move **from tooth to tooth** and do not snap, or force it between the teeth, as this may injure the gum tissue.

Freshness between brushings

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 **healthy snacks** such as dairy products, 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 and cordials. If consumed, don't sip on these drinks for too long, and try to drink them through a straw to avoid direct tooth contact. Drink water!

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



The Dental
Hygienists'
Association of
Australia Ltd.

This brochure is brought to you by
the Dental Hygienists' Association
of Australia Inc. and Colgate.

Colgate[®]