

# How to Brush and Floss

## How to Brush Your Teeth

- Use a toothbrush with soft, nylon bristles.
- Children aged 3 or more should squeeze a pea-sized amount of fluoride toothpaste on the brush.
- Set your brush at a 45 degree angle to your teeth.
- Direct the bristles to where your gums and teeth meet.
- Use a gentle, circular, massaging motion, up and down. Don't scrub.
- Clean every surface of every tooth. The chewing surface, the cheek side and the tongue side.
- Gently brush your tongue. This removes bacteria and helps freshen breath.
- A thorough brushing should take at least two to three minutes.
- You should replace your toothbrush every three months.



# How to Floss Your Teeth

- Take a length of floss equal to the distance from your hand to your shoulder.
- Wrap it around your index and middle fingers, leaving about two inches between your hands.
- Hold the floss tightly between your thumbs and forefingers. Gently guide the floss between your teeth and wrap it into a “C” shape around the base of the tooth.
- Wipe the tooth from base to tip two or three times.
- Be sure to floss both sides of every tooth. Remember the backs of your last molars.
- Go to a new section of floss as it wears and picks up particles.



## Other brochures in our series include:

- Early Childhood Tooth Decay
- Oral Hygiene Tips
- TEETHING: What can I expect?
- What are sealants?
- Dental First Aid
- School Oral Health Screening



## For more information contact:

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visit [www.peterboroughpublichealth.ca](http://www.peterboroughpublichealth.ca)