

Brush your teeth twice a day

Brushing removes bacterial plaque from the surfaces of the teeth and along the gumline. It helps prevent tooth decay and gingivitis.

Use an electric toothbrush or a soft regular toothbrush together with fluoride toothpaste. Brush for at least 2 minutes so that the fluoride has time to have an effect on the tooth enamel.

Brush your teeth systematically: the outer surfaces, inner surfaces, and chewing surfaces. Make sure your toothbrush follows the gumline.

With the correct electric brushing technique, you can clean your teeth effectively. The advantage of an electric toothbrush is its small, soft brush head and its rapid cleaning motion. Use your electric toothbrush according to the manufacturer's instructions.



Images: Hyvaks

Most electric toothbrushes are moved slowly from tooth to tooth, following the gumline.

With a manual toothbrush, wiggle the brush along the gumline, using short, gentle back-and-forth motions. Place the bristles against the tooth and the gum. Long brushing strokes or using too much force or a brush head that is too hard can cause gum recession.



Images: Papunet image library, papunet.net, Hanna-Mari Kommonen, *edited version of the original*

Do not rinse your mouth with water after brushing; the fluoride should be left on the surfaces of the teeth to take effect.

Replace your toothbrush every three months.
Earlier if necessary, if the bristles start to fray.

Clean the spaces between your teeth daily

For narrower spaces between the teeth, dental floss or a floss holder is suitable. Floss comes in different thicknesses and shapes, including flat, thin and waxed varieties.

For larger spaces between the teeth, use an interdental brush or a silicone interdental (brush) stick. These are available in different types and sizes.

During dental visits, suitable cleaning tools can be selected for you.

Gently guide the floss between the teeth using a back-and-forth sawing motion. Move the floss up and down along the sides of both teeth. Take the floss all the way down to the base of the gum pocket.



Move the stick or brush gently back and forth in each space between the teeth 5–10 times.

Images: Hyvaks



If a light-coloured coating builds up on the surface of your tongue, you can brush it off with a toothbrush, use a scraper designed for cleaning the tongue, or even a spoon.

Clean the surface of the tongue using pulling strokes from the back towards the tip.

A clean mouth feels fresh and is a pleasure to smile with!

Things to note about your mouth:
