



Brush right

Brushing by itself can lead to a reduction in dental problems by as much as 90%
The toothbrush is the first and most important line of defence against dental problems



they may also harbor harmful bacteria. Sick people should change their toothbrush at the beginning of an illness and replace it after they feel better.

► Children's brushes may need to be replaced more often, as they wear them out more quickly.

► Do not share toothbrushes.

► After brushing, rinse your toothbrush thoroughly with tap water to ensure the removal of toothpaste and debris, allow it to air-dry, and store it in an upright position. If multiple brushes are stored in the same holder, do not allow them to contact each other.

► It is not necessary to soak toothbrushes in disinfecting solutions or mouthwash. This practice may actually lead to cross-contamination of toothbrushes if the same disinfectant solution is used over a period of time or by multiple users.

► Do not cover toothbrushes or store them in closed containers. Such conditions (a humid environment) are more conducive to bacterial growth than the open air.

Are you the type who doesn't brush before bed?

Do you know that Mutans streptococci, the bacteria involved in causing tooth decay, multiply 30 times overnight if you haven't brushed your teeth before going to bed? Please remember to brush your teeth every night before you go to sleep.

Brushing at workplace?

If you brush with fluoride toothpaste in the morning and before going to bed, you don't need to use toothpaste at work. You can just brush and rinse before heading back to the desk. If you don't have a toothbrush, rinsing your mouth with water for 30 seconds after lunch also helps.

If you follow the above guidelines, you will be able to avoid most of the dental problems. In addition to proper brushing, also remember to get your teeth cleaned by your dentist every six months to remain in perfect dental health. Regular dental care should begin by one year of age, with a dental check up at least once a year.

For enquiries, call 97052624
email health@apexstuff.com

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Selecting the right toothbrush

There is no scientific evidence to show that any one type of toothbrush design is better than another at removing plaque. The only thing that matters is that you brush your teeth. In general, a toothbrush head should be small (1" by 1/2") for

between the teeth as well as the surface. Medium and hard bristles are not recommended.

Brushing technique

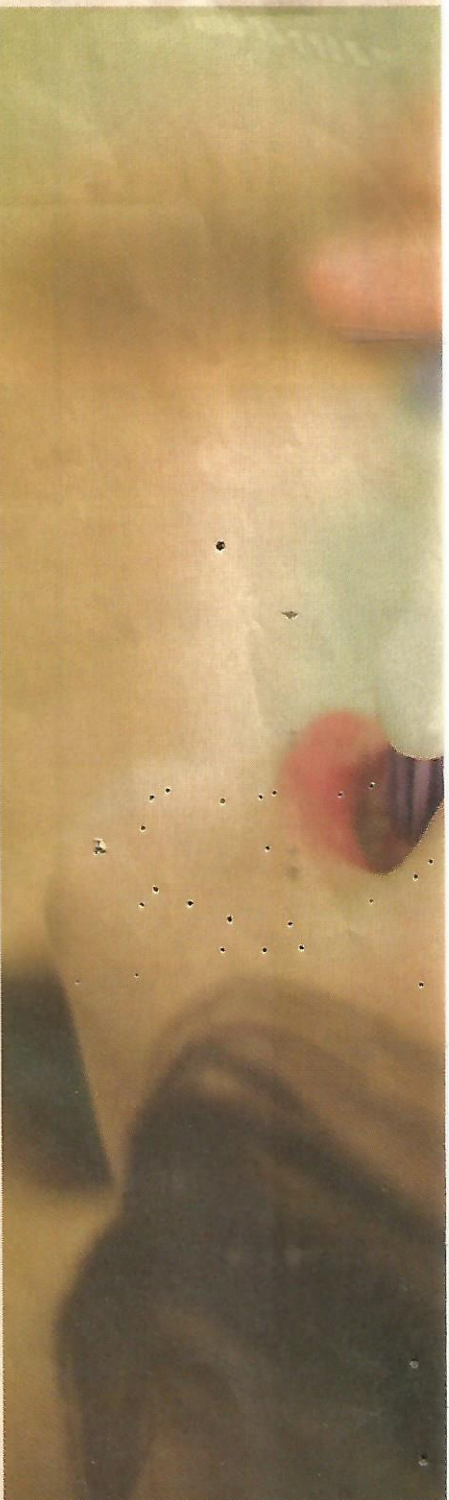
Once you have selected the right toothbrush, follow these simple instructions:

► Place the bristles of your toothbrush along the gumline at 45°. Bristles should con-

gumline. Gently brush using an up and down and rolling motion along all of the inner tooth surfaces and gumline.

► Tilt brush vertically behind the front teeth. Make several up and down strokes using the front half of the brush.

► Place the brush against the biting surface of the teeth and use a gentle back and forth scrubbing motion. Do not brush the tongue.



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Brushing teeth is an activity on which each of us spends about three to five minutes a day. But do we do it right? Are we making sure that we get the full benefits of proper brushing? Proper brushing by itself can lead to a reduction in dental problems by as much as 90 per cent. It is the first and most important line of defence against dental decay, accumulation of plaque and deposition of calculus. Improper brushing leads to caries and could also eventually result in tooth loss.

In a normal state, the mouth has several types of microorganisms. Some of them are good for us while some are not. A healthy mouth means an environment in which the bad organisms are minimised so that they do not damage the oral tissues. Proper brushing helps to clean the teeth and gums effectively of

such organisms. It removes plaque from the surfaces of your teeth.

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WITH THE RADIO ON

You can consider brushing your teeth with the radio on, since dentists generally recommend brushing for three to four minutes which is the length of an average song



easy access. It should have a long, wide handle for a firm grasp. It should have soft, nylon bristles with round ends. Medium and hard brushes are too abrasive and can wear down teeth. A soft, rounded, multi-tufted brush cleans teeth effectively. Press just firmly enough to reach the spaces

bet both the tooth surface and the gumline. Gently brush the outer tooth surfaces of two-three teeth using a vibrating circular rolling motion. Move the brush to the next group of two-three teeth and repeat. Maintain a 45° angle with bristles contacting the tooth surface and

gumline. Gently brush using an up and down and rolling motion along all of the inner tooth surfaces and gumline. Tilt brush vertically behind the front teeth. Make several up and down strokes using the front half of the brush. Place the brush against the biting surface of the teeth and use a gentle back and forth scrubbing motion. Do not brush the tongue.

Brushing duration

You can consider brushing your teeth with the radio on, since dentists generally recommend brushing for three to four minutes which is the length of an average song. Most people spend less than a minute in brushing. To make sure you're doing a thorough job, brush the full three to four minutes twice a day, instead of brushing quickly multiple times through the day.

Toothbrush rules

Change your toothbrush every three to four months because not only do the bristles start wearing off,

