



Don't Rush the Brush, Brush to the Beat!

Oral health begins with clean teeth. Keeping the area clean where your teeth meet your gums can prevent gum disease, while keeping your tooth surfaces clean can help you stave off cavities. Remember these B-R-U-S-H basics:

Brush your teeth at least twice a day. When you brush, don't rush. Take enough time to do a thorough job.

Remember to brush the outside, inside and top surfaces of your teeth, as well as your tongue. Gently brush with short back-and-forth motions.

Use the proper equipment. Use fluoride toothpaste and a soft-bristled toothbrush that fits your mouth comfortably.

Sore your toothbrush in an upright position and allow it to air-dry. Don't routinely cover toothbrushes or store them in closed containers, which can encourage the growth of bacteria.

Have your replacement toothbrush ready. Invest in a new toothbrush every three to four months or sooner if the bristles become frayed.

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