

Steps of Cleaning the Oral cavity

Brushing Teeth & Cleaning Tongue



1) Place the toothbrush against your gumline at a 45-degree angle. Move the brush back and forth gently in short (tooth-wide) strokes.



2) Brush the outer tooth surfaces, keeping the toothbrush at a 45-degree angle to the gums.



3) Brush the inner tooth surfaces, still with the toothbrush at a 45-degree angle.



4) Brush the chewing surfaces.



5) Use the top part of the brush to clean the inside surface of the top and bottom front teeth. Use a gentle up-and-down motion.



6) Brush your tongue to remove bacteria and freshen your breath.

Flossing Teeth



Use about 18 inch of floss, leaving an inch or two to work with



Gently follow the curves of your teeth



Be sure to clean beneath the gumline, but avoid snapping the floss on the gums.