

Oral Health Care: Doing It Right!

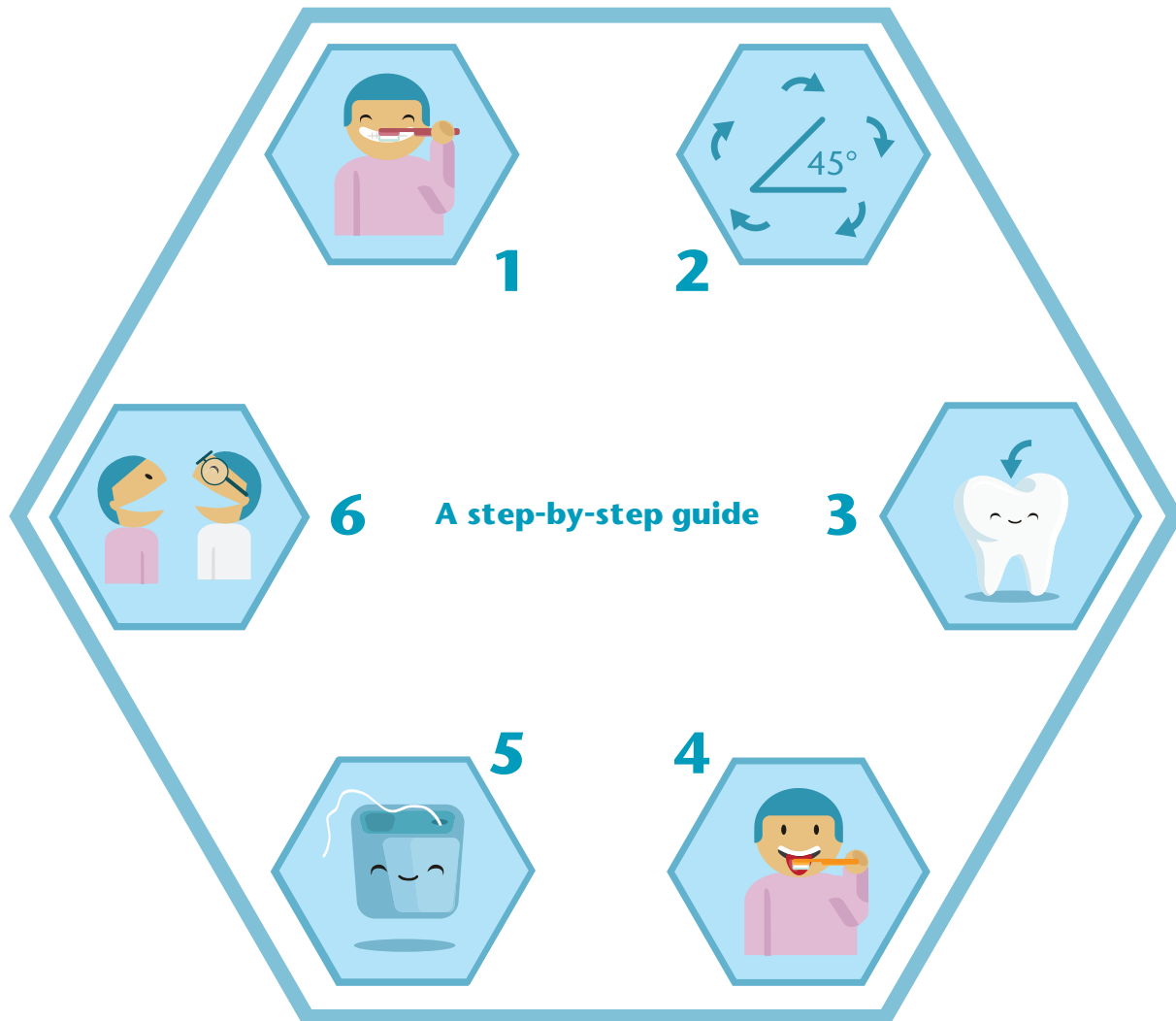


Illustration by Ananya Bhattasali

- 1.** Brush your teeth properly at least twice a day for two to three minutes each time.
- 2.** Hold your toothbrush at a 45-degree angle from your gums and brush gently in short, circular strokes from where the tooth and gum meet to the top of the tooth. Brush all outside and inside surfaces, and be sure to avoid hard scrubbing.
- 3.** Clean the pits and crevices on the chewing surface of your teeth with short, sweeping strokes.
- 4.** Brush your tongue to remove bacteria and freshen your breath. Replace your toothbrush every three months.
- 5.** Floss daily. It's more effective than brushing alone, as it helps to remove food debris and bacteria from places the toothbrush can't reach.
- 6.** Talk to your dentist about proper brushing and flossing techniques.