Caring for Teeth and Gums

If you want healthy teeth, you need to brush and floss correctly.

Cleaning Your Teeth and Gums
Careful and thorough brushing every day removes plaque.
Brush teeth on all sides using a firm (but not hard) toothbrush and fluoride toothpaste.

Circular and short back-and forth strokes work best. Take time to brush carefully against the gum line. Lightly brushing your tongue will also help to remove plaque in your mouth and food particles which would encourage bacteria to grow.

In addition to brushing, using dental floss is necessary to keep the gums healthy. Proper flossing is important because it removes plaque and leftover food that a toothbrush cannot reach.

If brushing or flossing causes any pain, or causes your gums to bleed then you should see a dentist straight away. An antibacterial mouthrinse, approved for the control of plaque and swollen gums may be prescribed by your dentist. The mouthrinse will need to be used in addition to careful daily brushing and flossing.

Regular brushing and removing plaque is important as plaque that is left will turn into tartar. Tartar is hard and has to be scraped off by a dentist.