

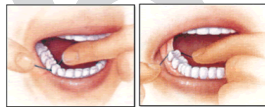
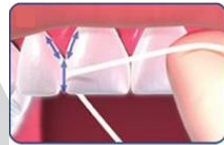
CLEAN BETWEEN YOUR TEETH

Dr. Van Thai Nguyen

- Clean between teeth once a day. Do it before brushing your teeth.
- Wrap 30-45cm of floss around your middle fingers. Keep a 2.5cm of floss taut. Use your thumbs and index fingers to guide the floss. Alternatively, you can use a floss holder.



- Use a gentle "rocking" motion to guide the floss between your teeth. Do not snap the floss into the gums.
- When the floss reaches your gumline, curve it into a C-shape against a tooth.
- Gently slide the floss up and down against the tooth surface and under the gumline. Do not forget the back of your last tooth.



- You can use interdental brushes instead.
 - Use a brush appropriate for the size of the space between your teeth (you may need more than one size).
 - Insert the brush gently between your teeth (if it feels too tight, try a smaller brush size).
 - Do not force the brush into the space.



- When you first start flossing (or using interdental brushes), your gums may be tender and bleed a little. Carry on flossing your teeth (and/or using the brushes), the bleeding should stop as your gums become healthier.

BRUSHING TECHNIQUE

- Brush 2 times/day, 2 minutes.
- Use a right amount toothpaste with fluoride
 - < 3a: size of a grain of rice
 - ≥ 3a: pea-sized.
- Choose a toothbrush labeled "soft".
- Hold the toothbrush like holding a pencil.
- Place your toothbrush at a 45-degree angle to the gums.
- Brush your teeth systematically
 - Start from the hard-to-reach area, for example, the inner surfaces (tongue side) of lower teeth
 - Clean the outer surfaces (cheek side) of the teeth
 - Clean the chewing surfaces
 - Do the same with the upper teeth.
- Gently move the brush in a circular motion or a short back-and-forth strokes.
- To clean the inside surfaces of the front teeth, tilt the brush vertically and brush up and down
- Also brush your tongue. Place the brush at the back of the tongue. Move the brush forward to the front and across your tongue multiple times at different angles.

