

10 MISTAKES YOU MAKE WHILE BRUSHING YOUR TEETH

OTARA DENTAL



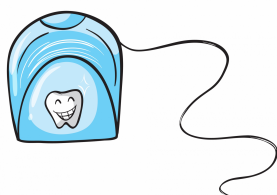
If you want to take great care of your teeth, then you need to avoid these 10 critical mistakes:

1



Not brushing at the gumline. Brush should be half on tooth, half on gum.

2



Not flossing. You miss out on over 50% of dental surfaces if you don't floss.

3



Not brushing your teeth long enough. Brush for at least 2 minutes.

4



Using a brush to clean your tongue. Use a scraper to remove odor causing bacteria.

5



Using hard or medium bristles which damage teeth and gums. Soft only.

6



Using a manual brush at the wrong angle. Always hold your brush at a 45 degree angle.

7



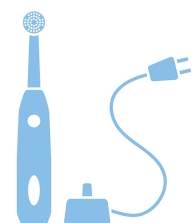
Not using a fluoride toothpaste, fluoride prevents cavities.

8



Using the same toothbrush for too long. Change it every 3 months.

9



Not considering a power toothbrush, they are generally more efficient.

10



Using mouthwash to replace flossing or inadequate brushing - mouthwash only works on the surface, mechanical plaque removal with toothbrush and floss is best.

OTARA DENTAL

Phone: (780) 460-0000

www.otaradental.ca

#102-15, Carleton Drive

St. Albert, Alberta

T8N 7K9