

# How to brush your teeth properly

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How to Brush Your Teeth Properly Proper teeth brushing involves four things; a soft toothbrush, the correct angle of brushing, brushing in a pattern and brushing at least twice a day, after breakfast and before bedtime. Proper tools and ingredients to brushing your teeth properly is, a soft toothbrush and fluoride toothpaste. A soft tooth brush also makes it much easier to remove plaque below the gum line. This is where periodontal disease starts. Use a pea-sized amount of toothpaste that contains fluoride.

Apply it to the soft brush. It might stop a cavity in its tracks and give you more resistance to future cavities. Angle the bristle of the brush along the gum line. At a 45 degree angle, apply firm pressure so the bristles slide under the gum line. Vibrate the brush while you use short back and forth circular motions. Brush two or three teeth at a time, then move to the next teeth. Tilt the brush so you can use the tip of the brush to brush the backs of your front teeth.

It's fine to brush any regular pattern you choose, but since the insides of your teeth get less attention you might want to start with the insides of the upper teeth then go to the insides of the lower teeth. Switch to the outsides of the upper teeth, then the lower teeth. Brush the chewing surfaces of the upper teeth then the lower teeth. End by gently brushing your tongue and the roof of your mouth. This removes germs and keeps you breath fresh. Properly brushing your teeth will simply keep the dentist away.

Brushing your teeth is a preventive method to keep your mouth staying healthy, looking great, and having fresh berth throughout the day. Your mouth carries many different germs and sometimes bad breath. Brushing your teeth twice daily is about the best habit you can get in. There are other

methods used to help aid brushing your teeth such as dental flossing and mouthwash. Those are other important roles that you should take when taking action of keeping your mouth healthy. So everyday, twice a day you shall take these simple steps into action when trying to brush your teeth.