

DR. YU'S TOOTH BRUSHING GUIDE

Effective Tooth brushing

Brush only the teeth you want to keep!

Does this sound familiar?

It's early morning; you grab your toothbrush that you've had so long you can't remember when you got it? You place your favorite minty toothpaste on your brush and commence to rid yourself of YUK mouth.

You place the brush into the left side of your mouth and brush back and forth 1...2...3...4... Then you switch to the right side 1...2...3...4... , now to the front teeth 1...2...3...4...5...6... (Two more strokes because everyone can see these teeth) then finally to the chewing surface of the teeth. You look into the mirror, proud of a job well done; place your brush into the holder. You never forget a quick swig of mouthwash, moan from the burn... spit and you're at 11.

Tomorrow time yourself. You will be amazed to find that you spend less than 30 seconds brushing your teeth!

Oral Hygiene Instructions

Start out with a soft compact head or child size toothbrush, move in a circular pattern and visualize as you brush that you are brushing one tooth at a time.

Start on your upper left side, work your way across to your right...move down to the lower teeth, still moving in a circular pattern back to your left side. Repeat this on the inside of your teeth. Don't forget the chewing surface of your teeth too.

Take your toothbrush and lightly scrape the inside of your cheeks and lips. Finally move to your tongue and use at least six strokes to brush your tongue as far back as possible. This area holds germs and bacteria that can cause bad breath.

Done? Not quite! You have just removed the major areas of plaque (food) and bacteria from your mouth, now REPEAT the entire process again to remove anything you have missed and to polish your teeth.