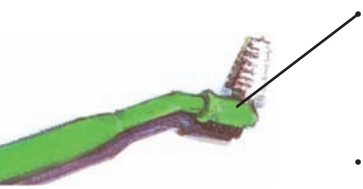


## Special Aids

Your dentist may recommend using these or other dental aids. They can be helpful if you have sensitive teeth, gum disease, bridges, implants, or braces, or if you have trouble gripping the toothbrush or floss.

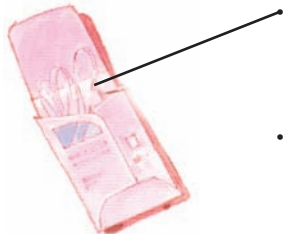


**Interdental brushes** clean large spaces between teeth and implants.

- **Electrical toothbrushes** are easier to hold, and move the brush for you.

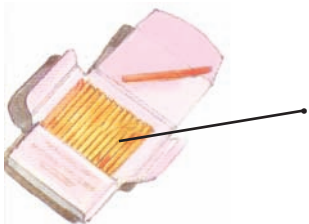


**Floss holders** help you get into hard-to-reach places.



**Floss threaders** help you get under braces or bridgework.

- **Special floss** with a foam or gauze coating gets into tight spaces more easily.



- **Oral irrigators** use water pressure to help flush out food.



**Interdental cleaners and dental picks** help loosen food and plaque between teeth.



**Gum stimulators** help remove plaque from between teeth and under gums.

## Healthy Teeth and Gums

Regular dental checkups are only part of taking care of your teeth and gums. For the most benefit, choose healthy foods and be sure to brush and floss every day.



- See your dentist regularly to have your teeth and gums cleaned and checked.
- Get into a routine. Brush and floss in the morning and before bedtime.
- Use a fluoride toothpaste to strengthen teeth and fight plaque.
- Avoid snacking on sugary foods. Choose vegetables, fruits, and foods without added sugar. If you chew gum, try the sugar-free kind.

# Brushing & Flossing

Keep Your Teeth and Gums Healthy



Promoted and distributed in public interest by



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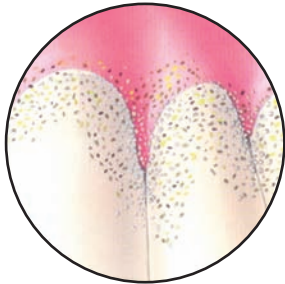
This brochure is not intended as a substitute for professional dental care.

## Why Brush and Floss?

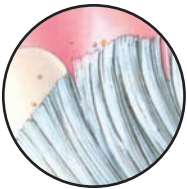
Brushing and flossing every day helps keep your teeth and gums healthy. Having clean teeth also makes you look and feel better. Your breath is fresher. Your smile is brighter. And your teeth feel smooth.

### Fighting Plaque

Many kinds of bacteria live in the mouth. They collect on the teeth, gums, and tongue. Bacteria quickly form a sticky film called **plaque**. Plaque is the major cause of tooth decay and gum disease. Plaque is always forming and needs to be removed every day. Brushing removes plaque from the tooth surfaces and around the gumline. Flossing breaks up plaque between teeth and under gums.



**Plaque collects** under the gums and in the spaces between teeth.



**Brushing removes plaque** from tooth surfaces and around gums.



**Flossing breaks up plaque** between teeth and under gums.

## How to Brush

Proper brushing should take about 2 to 3 minutes. Use a soft brush and a fluoride toothpaste. Start at one place and work around your mouth. Brush each tooth as shown below.

**1**

Hold the brush at a 45° angle at the gumline. Gently brush using a circular motion. Don't scrub or use a lot of pressure.



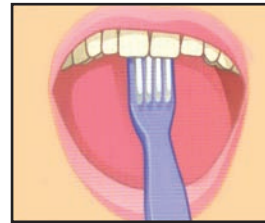
**2**

Brush the inner surfaces of the back teeth using the same circular motion.



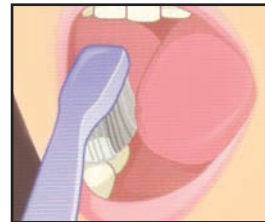
**3**

Turn the brush and use the tip to clean the inner surfaces of the upper and lower front teeth.



**4**

Clean the chewing surfaces using a scrubbing motion. Brush your tongue, then rinse well.

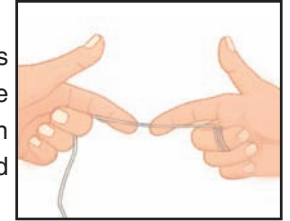


## How to Floss

Floss at least once a day to remove plaque between the teeth and below the gums. Start at one place and work all the way around your mouth. Floss between each tooth as shown below.

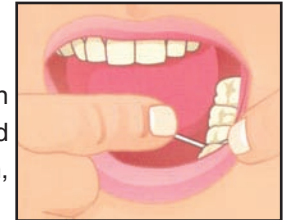
**1**

Wrap 18 inches of floss around your middle fingers. Secure it with your index fingers and thumbs.



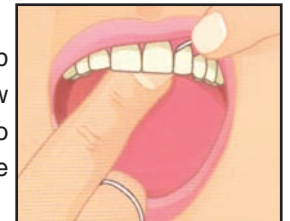
**2**

Ease the floss between your teeth. Wrap it around one side of the tooth, forming a C-shape.



**3**

Gently work the floss up and down, going below the gumline. Then, go back to step 2 and do the other side of the tooth.



### NOTE:

If you have a bridge or wear braces, use a floss threader to get the floss under the bridge or the wires.

