

Dear Teenagers,

Taking care of your teeth is super important! Here are some effective brushing and flossing techniques to keep your smile healthy:

Brushing Techniques:

1. Use a soft-bristled toothbrush.
2. Brush for at least two minutes, twice a day.
3. Angle your toothbrush at 45 degrees to your gums.
4. Use gentle, circular motions to brush the outer and inner surfaces.
5. Brush your tongue to remove bacteria and freshen your breath.

Flossing Techniques:

1. Use about 18 inches of dental floss.
2. Wrap the ends around your fingers, leaving a few inches between them.
3. Gently slide the floss between your teeth, using a back-and-forth motion.
4. Curve the floss around the base of each tooth, making sure to go below the gumline.
5. Use a clean section of floss for each tooth.

Remember, maintaining good oral hygiene helps prevent cavities and gum disease. Make it a habit!

Best,

Your Dental Team