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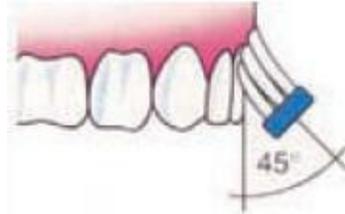
Instructions for brushing teeth

Instructions for adults

Brushing your teeth – but correctly

That is how you avoid tooth decay and gum disease.

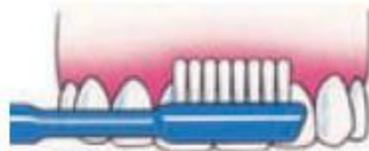
This brushing technique, which is introduced here, combines conventional teeth brushing with effective massage to strengthen your gums.



To successfully care for your teeth and the area between teeth and gum at the same time, we position the tooth brush differently than we are used to. Position the tooth-brush in an angle of 45° towards the gums. We approach sectionally, so we can reach each and every area of the teeth.

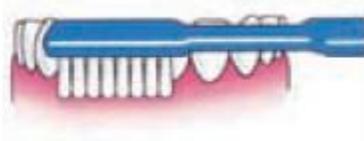
1. Upper jaw

With half-open mouth we first position the tooth brush with the right hand (if you are left handed with your left) onto the teeth of the upper jaw in a 45° angle – half on the upper gum and half onto the teeth. Now massage teeth and the area between teeth and gum with a light pressure and a circling motion from right to left, tooth by tooth. Start at the rear right molar and work slowly towards the rear left molar. Now we brush the same way, just from left to right.



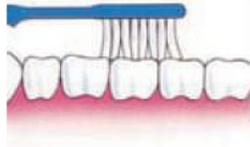
2. Lower jaw

In order to brush the teeth of the lower jaw we turn the brush in a way, that the bristles point in a 45° angle towards the lower gums. Now, teeth and gum are being brushed and massaged with a circling motion as we did brush them in the upper jaw, starting again with the rear right molars and slowly working towards the rear left molars. Again, it is important to hold the tooth brush in a 45° angle, also in the area of the molars.



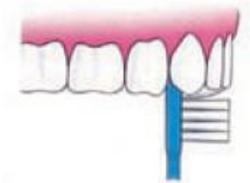
3. Occlusal surface

Now we thoroughly clean the upper and lower occlusal surface, tooth by tooth in a circling motion, starting with the rear right molars towards the rear left molars in upper jaw and the same for the lower jaw.



4. Inside upper jaw

Often the cleaning of the inside teeth is getting neglected. To reach the inside of the teeth and the area between teeth and gum completely, we position the tooth brush in an angle from the inside and always brush and massage the area of the gums. Also here, we start with the upper area (starting with the molars) with a slightly jiggling motion.



5. Inside lower jaw

We proceed in the same way as we did for the inside upper jaw, now for the lower jaw. We are holding the tooth brush in an angle against the inside of the teeth. We finish off by thoroughly rinsing the mouth.



6. Interdental spaces

Even if we consequently apply this method (at least for three minutes) we still have not completely reached the interdental spaces, since the bristles cannot reach them sufficiently. This is why we should use dental tooth picks and if possible once a day also dental floss. In other words, we clean the interdental spaces with a slightly waxed dental floss. We span the dental floss over our fingers and with gentle movements glide forth and back between your teeth and towards the area between teeth and gum.