

FLOSSING

- Flossing helps remove dental plaque between teeth and below the gum line.
- Make sure to floss at least once a day, preferably before going to bed, to clean the places where a toothbrush can't reach.

1



Stretch a 4cm floss over your thumb and forefinger in both hands.

2

Guide floss between the teeth, and floss between the teeth and under the gums.



3



Remove the floss between the teeth (remember to be gentle).

DID YOU KNOW?

• Eating fruit, vegetables and milk products, that contain vitamins, calcium and minerals help protect your teeth and gums and make you look good.

• The first toothbrush, as we know it today, was invented in 1857 by an American named H.N. Wadsworth.

• Plaque is the main cause of cavities and gum disease that could lead to tooth loss if not treated early.

• Smoking can cause oral cancer, gum disease, bad breath, stained teeth and decrease your sense of taste and smell.

SAY YES TO STRONG TEETH



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HEALTHY SMILE, HEALTHY YOU!

- Your teeth and gums are very important. Healthy teeth are important to eat, speak and have an attractive smile. They can boost your confidence to help you feel good about yourself.
- If you don't look after your teeth and gums properly this puts you at risk of oral diseases and you could suffer from bad breath, stained teeth, tooth decay, gum disease and even tooth loss. **Not cool!**



BRUSHING

- **Brush your teeth for two to three minutes twice a day with fluoride toothpaste which helps your teeth fight cavities. If you can brush your teeth after every meal, that's even better.**
- **Use a small-to-medium sized brush since it can better reach all surfaces of the teeth especially the inner ones.**
- **Use a brush with soft to medium bristles as it will be best for moving plaque debris from your teeth.**

REMEMBER THE BASICS!

- Brush at least twice a day with fluoride toothpaste.
- Remove plaque from between the teeth by flossing at least once a day.
- Use a mouthwash to freshen your breath and kill bacteria.
- Limit sugary food and snacks.
- Eat nutritious, well balanced meals.
- Don't smoke.
- Have a dental check-up twice a year.



FOLLOW THE FOLLOWING SIMPLE STEPS:

1



Place the brush at 45° towards the gum margins and brush the outer surfaces of two to three teeth at a time in a back-and-forth motion.

2



Brush the outer surfaces.

3



Brush the inner surfaces.

4



Brush chewing surfaces.

Remember not to brush too hard, or you could damage your teeth and gums.

