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When, What to Use, How to Brush Your Teeth (1940)

American Dental Association

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Recommended Citation

American Dental Association, "When, What to Use, How to Brush Your Teeth (1940)" (1940). *Patient Dental Health Education Brochures*. 39.

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HOW
WHAT TO USE
WHEN



TO BRUSH YOUR TEETH



1. Clean the outside surfaces of the upper (and lower) back teeth.

2. Clean the inside surfaces of the upper (and lower) back teeth.

3. Clean the inside surfaces of the upper front teeth.

4. Clean the grinding surfaces of the upper (and lower) teeth.

5. Clean the outside surfaces of the upper (and lower) front teeth.

6. Clean the inside surfaces of the lower front teeth.

HOME CARE of the MOUTH

WHEN TO BRUSH YOUR TEETH

Teeth should be brushed after each meal, and for at least two minutes. Brushing improves their appearance, gives a sense of cleanliness of the mouth and helps to maintain a healthy oral condition.

In most cases, brushing alone will not prevent mouth disease. Professional care at regular intervals, with instruction by the dentist in home care of the mouth, is essential.

HOW TO BRUSH YOUR TEETH

It is preferable to use a small toothbrush with a straight brushing surface. The dentist can demonstrate the toothbrushing method best suited to your mouth. The accompanying pictures illustrate an acceptable toothbrushing method. In using this method, the jaws are held slightly apart. The upper teeth are brushed with a downward stroke, the lower teeth with an upward stroke. The inside surfaces and the

chewing surfaces as well as the outside surfaces of the teeth are brushed.

WHAT MOUTH WASH SHALL I USE?

After brushing the teeth, the mouth should be rinsed thoroughly with warm water. As a mouth wash, pure drinking water is superior to flavored and medicated mixtures in many respects, being cheap, stable, non-irritating and readily available. No one is allergic to pure water, but the use of flavored or medicated mixtures may give rise to allergic reactions in sensitive persons.

A weak solution of table salt is favored by some. A salt solution of suitable strength can be prepared by dissolving half a teaspoonful of salt in a tumbler of water, preferably warm. The indiscriminate use of mouth washes is not known to be efficacious or necessary in the maintenance of oral or general health. Many persons rely on medicated mouth washes when they should seek advice from a

dentist or a physician. Bad breath and sore throat, for example, are often symptoms of disease, and the person who depends on mouth rinses to eliminate or to prevent such conditions may be fooling himself, to his own detriment.

WHAT DENTIFRICE SHOULD I USE?

Dentifrices help the toothbrush to remove stains from those surfaces of the teeth which can be reached by the brush. For some people, the toothbrush moistened with water alone appears to attain this purpose. Apparently, in these cases, a dentifrice is unnecessary.

The dentifrice, tooth paste or powder, selected should bear the Seal of Acceptance of the Council on Dental Therapeutics of the American Dental Association. An inexpensive mixture for cleaning the teeth can be made at home by combining one part of powdered common tablet salt and three parts of baking soda.



ACCEPTED DENTIFRICES

The dentifrices listed below have been accepted by the Council on Dental Therapeutics of the American Dental Association because they are of safe, known composition, are advertised honestly and are effective in cleaning the teeth. Remember that the paste or powder is not so important as the type of brush used and the way it is used. Look for the Seal of Acceptance—it is your best assurance that the dentifrice may be used with safety and confidence.

BRANDS WHICH BEAR THE SEAL OF ACCEPTANCE AND ARE AVAILABLE IN THIS COMMUNITY ARE AS FOLLOWS:

| <i>Dentifrice</i> | <i>Where Sold</i> |
|---|---|
| Arm & Hammer Bicarbonate of Soda | Grocery and drug stores |
| Cow Brand Bicarbonate of Soda | Grocery and drug stores |
| Craig-Martin Tooth Paste | Woolworth, Kresge and other |
| Craig-Martin Tooth Powder | 5 and 10 cent stores |
| Dental Aid Tooth Powder | Beauty Counselors Sales Organization |
| Lactona Dentifrice | Drug stores |
| Mer Dentifrice | Drug stores |
| Milk-i-Dent Dental Cream | Ten cent and variety stores |
| Pro-phy-lac-tic Brand Tooth Powder | Drug stores |
| Py-co-pay Tooth Powder | Drug stores |
| Sodium Chloride Powder—Mallinckrodt | Drug stores |
| Style King Tooth Powder | Men's haberdashery shops, department stores and drug stores |

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