

American Dental Association

**ADACommons**

---

Patient Dental Health Education Brochures

Special Collections

---

1972

## Basic Brushing (1972)

American Dental Association

Follow this and additional works at: <https://commons.ada.org/patientbrochures>



Part of the [Dental Hygiene Commons](#), [Dental Public Health and Education Commons](#), and the [History of Science, Technology, and Medicine Commons](#)

---

### Recommended Citation

American Dental Association, "Basic Brushing (1972)" (1972). *Patient Dental Health Education Brochures*. 89.

<https://commons.ada.org/patientbrochures/89>

This Book is brought to you for free and open access by the Special Collections at ADACommons. It has been accepted for inclusion in Patient Dental Health Education Brochures by an authorized administrator of ADACommons. For more information, please contact [commons@ada.org](mailto:commons@ada.org).

510ix  
1972 c.2

# Basic Brushing



# Basic Brushing

Toothbrushing will remove **plaque\*** and other debris from the outer, inner and biting surfaces of your teeth. Ask your dentist to recommend a toothbrush for you. Most dentists prescribe a brush with a straight handle, a flat brushing surface, and soft, end-rounded bristles. Soft bristles are less likely to injure gum tissues. The head of the brush should be small enough to let you reach every tooth (Children need smaller brushes than those designed for adults.).

A number of different toothbrushing methods are acceptable. The following method is one that is currently being suggested for the removal of plaque.

\*A sticky, colorless layer of harmful bacteria that constantly forms on your teeth.

- 1** Place the head of your toothbrush alongside your teeth, with the bristle tips angled against the gum line. (see figure 1)
- 2** Move the brush back and forth with **short** (half-a-tooth wide) strokes several times, using a gentle "scrubbing" motion.
- 3** Brush the outer surfaces of each tooth, uppers and lowers, keeping the bristles angled against the gum line.
- 4** Use the same method on all of the inside surfaces of your teeth, upper and lower, still using the short back and forth strokes.
- 5** For the front teeth, brush the inside surfaces of the upper and lower jaws by tilting the brush vertically and making several gentle up and down strokes with the "toe" (the front part) of the brush over the teeth and gum tissue. (see figure 2)

Figure 1

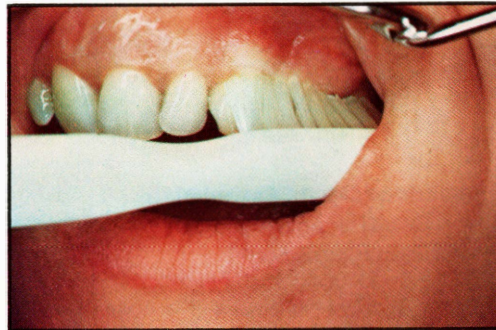


Figure 2



# Toothbrushing Tips:

- ❑ A worn out toothbrush will not clean your teeth. Replace your brush often.
- ❑ Your toothbrush will only clean one or two teeth at a time. Change its position frequently.
- ❑ Brush gently and with very short strokes but use enough pressure so that you feel the bristles against the gum.
- ❑ Cleaning your tongue with your brush will help your mouth feel fresher.
- ❑ Toothbrushing, like flossing, takes a little bit of time and practice to do properly.
- ❑ While it's better to brush several times a day be sure to brush (and floss) at least **once** thoroughly every day so that the plaque build-up is kept under control.
- ❑ If you notice any repeated discomfort or bleeding while brushing, consult your dentist.



**American Dental Association**  
211 East Chicago Avenue  
Chicago, Illinois 60611