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Home care of the mouth (1963)

American Dental Association

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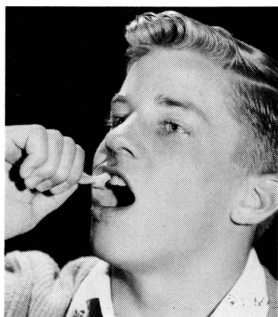
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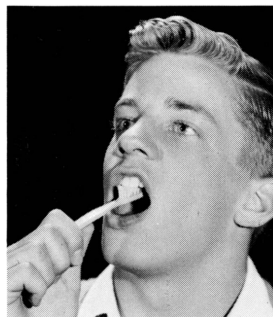
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1 Clean the outside surfaces of the upper back teeth by firmly rolling the bristles of the brush down over the gums and teeth toward the grinding surfaces.



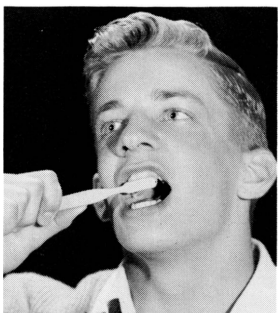
2 Clean the inside surfaces of the upper (and lower) back teeth by firmly rolling the bristles of the brush over the gums and teeth toward the grinding surfaces.



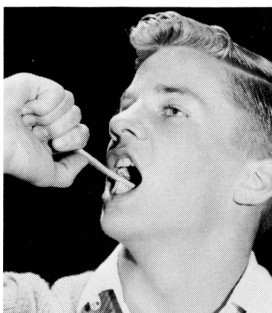
3 Clean the inside surfaces of the upper front teeth by drawing the bristles downward and forward over the gums and teeth toward the biting edges.



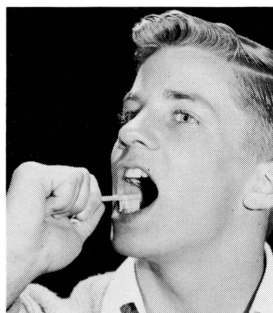
4 Clean the outside surfaces of the lower back teeth by firmly rolling the bristles of the brush up over the gums and teeth toward the grinding surfaces.



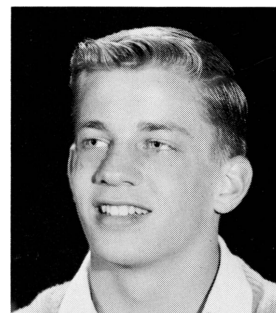
5 Clean the outside surfaces of the upper (and lower) front teeth by firmly rolling the bristles of the brush over the gums and teeth to the biting edges.



6 Clean the inside surfaces of the lower front teeth by drawing the bristles upward and forward over the gums and teeth toward the biting edges.



7 Clean the grinding surfaces of the teeth by forcing the bristles of the brush well into the grooves and vibrating the brush backward, forward and sideways.



8 Clean, well-cared-for teeth are an asset to health, beauty and personality. The care and time you devote to your teeth now will benefit you throughout life.

HOME CARE OF THE MOUTH

The greatest benefit is obtained when the teeth are brushed right after eating. If it is not possible to brush immediately after eating, rinse the mouth vigorously with water.

Careless brushing is of little or no value. These pictures show a good toothbrushing method. For all but the chewing surfaces, start with the bristles

on the gum. Brush the upper teeth with a downward motion and the lower with an upward motion. For the chewing surfaces use a scrubbing motion. After brushing, rinse the mouth well with water.

Use a brush with a straight handle and a small head (about one inch long). A toothpaste or powder will aid the brush in cleaning your teeth.