

American Dental Association

ADACommons

Patient Dental Health Education Brochures

Special Collections

1957

Toothbrushing (1957)

American Dental Association

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



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

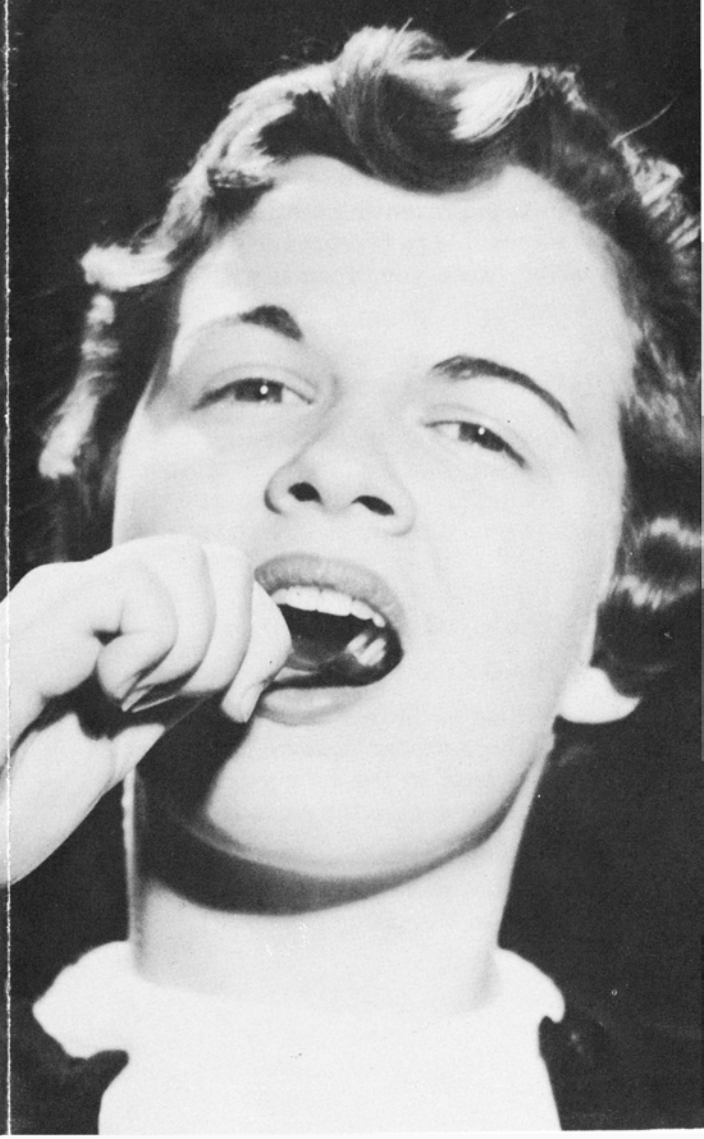
Recommended Citation

American Dental Association, "Toothbrushing (1957)" (1957). *Patient Dental Health Education Brochures*. 325.

<https://commons.ada.org/patientbrochures/325>

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.

Toothbrushing



WHY should I brush my teeth?

Toothbrushing makes the mouth feel clean and fresh. The purpose of toothbrushing is to help clean the teeth, to aid in keeping the gums healthy and to assist in improving personal appearance. Cleanliness of the mouth helps in the prevention and control of disorders of the teeth and gums.

WHEN should I brush my teeth?

Your teeth should be brushed properly and thoroughly immediately after eating in order to obtain the maximum benefit in preventing tooth decay. If it is impossible to brush your teeth after eating, rinse your mouth with water.

HOW should I brush my teeth?

Your dentist is the person who should determine the *best* method of toothbrushing for you. The following method is one that is frequently recommended.

Three good general rules are:

1. BRUSH immediately after eating.
2. BRUSH each area at least ten times—the surfaces next to the cheeks and next to the tongue, the upper and lower chewing surfaces.
3. BRUSH the upper teeth down toward the biting edge, the lower teeth up toward the biting edge.

Place the bristles of the brush pointing toward the roots of the teeth. Rotate the brush so that the bristles sweep down over the gums and teeth in the direction of the biting or grinding surfaces.



2

Brush the outside surfaces of your upper teeth...



4

Brush the outside surfaces of your lower teeth...



1

Brush the chewing surfaces of your upper and lower teeth...



3

Brush the inside surfaces of your upper teeth...



5

Brush the inside surfaces of your lower teeth...

What type of toothbrush should I use?

Adults should use toothbrushes of medium size and with a small head. The brush should be small enough to be handled with ease. Young children should be given smaller brushes than those used by adults. A good toothbrush should have:

- a flat brushing surface,
- firm, resilient bristles and
- a head sufficiently small to permit access to all surfaces of the teeth

Have at least two toothbrushes and use them alternately. Replace them with new ones when the bristles become soft or loose.

Keep your toothbrushes clean. Place them where they will dry quickly and will not come in contact with other brushes.

What dentifrice should I use?

A dentifrice (tooth paste or powder) acts as a cleansing agent. Toothbrushing can be made more pleasant by use of an acceptable dentifrice. It should be used for mouth hygiene purposes and for such special purposes as the dentist may prescribe.

Exaggerated claims are being made in advertising for certain dentifrices containing ammonium compounds, antienzyme compounds, chlorophyll derivatives and fluorides. There is not adequate evidence at the present time to justify claims that any dentifrice will, in itself, prevent an appreciable

amount of tooth decay. Proper toothbrushing is more important than the kind of dentifrice used.

An inexpensive dentifrice can be made by mixing powdered table salt ($\frac{1}{2}$) and baking soda ($\frac{2}{3}$). If preferred, either baking soda or powdered salt may be used alone.

What mouthwash should I use?

The purpose of using a mouthwash is to help remove food particles from the teeth and mouth. Drinking water is satisfactory for this purpose. Some persons prefer a diluted solution of common salt ($\frac{1}{2}$ teaspoonful to $\frac{1}{2}$ glass of water) or of baking soda ($\frac{1}{4}$ teaspoonful to $\frac{1}{2}$ glass of water). Medicated mouthwashes should not be used except when prescribed by your dentist.



AMERICAN DENTAL ASSOCIATION

222 East Superior Street, Chicago 11