

Preventive Care Tips from Sone's On Sheppard Dental Centre

Good oral hygiene practices are your best defense against tooth decay and oral disease.

Here are some ways to avoid plaque buildup and cavities:

- Brush at least twice daily using fluoride toothpaste, including the top surface of your tongue
- Floss between your teeth at least once daily; you can also use a mouthwash to help kill bacteria and freshen your breath
- Eat a balanced diet with raw vegetables, plain yogurt and fruit and avoid sugary treats
- [Schedule regular checkups](#) with your dentist every 6 months for a professional teeth cleaning and oral exam
- Ask your dentist about dental sealants, a protective plastic coating that can be applied to the chewing surfaces of the back teeth where decay often starts.
- Wear mouthguards designed to protect your smile when playing sports

Brushing Instructions



Step 1

Place your toothbrush at a 45 degree angle to your gum.



Step 2

Brush gently in a circular motion.



Step 3

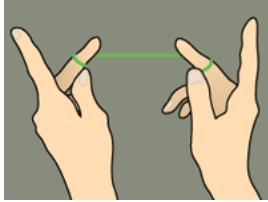
Brush the outer, inner, and chewing surfaces of each tooth.



Step 4

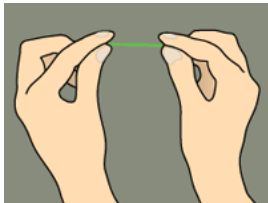
Use the tip of your brush for the inner surface of your front teeth.

Flossing Instructions



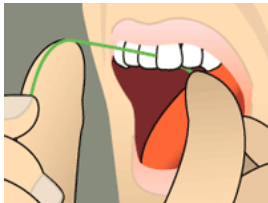
Step 1

Wind about 18 inches of floss around your fingers as shown. Most of it should be wrapped around one finger, and as the floss is used, the other finger takes it up.



Step 2

Use your thumbs and forefingers to guide about one inch of floss between your teeth.



Step 3

Holding the floss tightly, gently saw the floss between your teeth. Then curve the floss into a C-shape against one tooth and gently slide it beneath your gums.



Step 4

Slide floss up and down, repeating for each tooth.