

EVERYDAY CARE

Daily Hygiene: Brushing & Flossing

The everyday habits that keep your smile healthy

Great oral health is built at home. Brushing twice a day and flossing once a day removes the plaque that causes cavities and gum disease — here's how to get the most out of both.

How to brush

1. Brush twice a day for a full two minutes with a soft-bristled brush and fluoride toothpaste.
2. Angle the bristles 45° toward the gumline.
3. Use gentle, short strokes — let the bristles do the work, don't scrub hard.
4. Cover every surface: the outer, inner, and chewing sides of each tooth.
5. Gently brush your tongue to remove bacteria and freshen breath.
6. Swap your brush (or brush head) every 3–4 months, or sooner if the bristles fray.

How to floss

1. Floss once a day — bedtime is ideal.
2. Use about 18 inches of floss, winding most of it around your middle fingers.
3. Glide it gently between teeth — never snap it down against the gums.
4. Curve the floss into a "C" around each tooth and slide it just under the gumline.
5. Use a fresh section of floss for each gap, and don't forget behind the back teeth.
6. Prefer a water flosser or interdental brushes? They work great too.

Your daily routine

Brush twice and floss once every day · limit sugary and acidic snacks and drinks · drink plenty of water · consider a fluoride or antibacterial mouth rinse · and see us every 6 months for a professional cleaning and exam.