

Tooth brushing technique, guidelines and recommendations

Brushing your teeth twice a day and cleaning between your teeth is important because it removes plaque. If plaque isn't removed, it builds up and can cause tooth decay and gum disease.

We recommend that you should replace your toothbrush every 3 months or when the bristles become worn or frayed.

The steps detailed below give advice on how to brush your teeth correctly:



1. Apply a pea-sized amount of tooth paste to your toothbrush
2. Aim the toothbrush at a 45 degree angle towards the gum line.
3. Use a gentle circular motion with a manual toothbrush or hold a powered toothbrush on each tooth for around 3 seconds
4. Remember to brush the chewing surfaces along with the outer and inner surfaces of your teeth
5. Always brush for at least 2 minutes
6. Spit out the toothpaste after brushing, you DO NOT need to rinse. The small amount of fluoridated toothpaste left in your mouth after spitting continues to protect against tooth decay.