

Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Oral Hygiene Sequence

List of actions:

### Oral Hygiene

We should brush our teeth several times a day, when we wake up, after every meal and before we go to bed.

A good brushing technique prevents cavities from damaging our teeth and removes plaque, thus preventing the formation of tartar.



Plaque is a small soft layer that sticks to the teeth after eating.

Tartar is a hardened plaque.

A poor brushing technique results in poor oral hygiene, bleeding of the gums, tooth decay and bad breath.

We should use a good quality toothbrush of an adequate firmness.