

Name \_\_\_\_\_

Date \_\_\_\_\_

## Oral Hygiene Instructions

### Part of the Body:

### Oral Hygiene:

You should brush your teeth several times a day. When you wake up, after every meal and before you go to bed.

A. **Brushing:** Brushing removes bacteria from our teeth, preventing tooth decay and gum disease. When preventing the bacteria and plaque.

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

Brush: In a circular pattern.

B. **Flossing:** Flossing removes bacteria in your teeth between the rows of the gums, teeth decay and tooth sensitivity.

You should use an equal quantity floss between all teeth (one piece per tooth).

