

Effective Tooth Brushing Techniques.

Student Essay

Brushing teeth is something most of us do everyday. It's the part of our morning routine that we complete while thinking about the million other things that we need to get finished in the upcoming hours. However, the task deserves more attention than we tend to give it to be fully beneficial. The one extra minute you might spend brushing and thinking about what you are doing instead of what you will be doing will give you healthier teeth, and save you the cost and pain of a procedure at your dentist's office.

Brushing teeth really is a simple process. It doesn't take much time or materials; all you need is a sink, a cup, and a toothbrush and toothpaste, which can easily be purchased at just about any kind of store. When buying toothpaste, find the one that is right for you. There are many options: whitening, cavity protection, tartar control, and many more, plus combination types.

The first part of the process is wetting your toothbrush by holding the bristles under the cold water from the faucet just long enough to moisten it. Then, squeeze out enough toothpaste to cover half of the bristles. I recommend wetting the bristles first so that the toothpaste sticks a little better to the brush, and so that the force of the faucet won't wash the paste down the drain before you even start brushing.

Once that is accomplished, the time has come to begin the brushing process. Place the head of the toothbrush in your mouth so that the bristles are touching the crowns of your bottom teeth. Brush back and forth forcefully all along the lower set of teeth to remove any small pieces of food or sugars that may be stuck in the grooves. Then, move to the inside of the bottom teeth. Angle the toothbrush along the meeting point of the gum and tooth just enough so that the brush is able to remove plaque sitting on top of the gum line. Gently begin scrubbing in a circular motion. Once you have cleaned the inside of the teeth, move to the outside, repeating the same brushing technique. Be careful not to swallow the paste. If by chance you do consume a significant amount (more than what is actually needed to brush properly), see a doctor or contact poison control immediately.

After you have spent about a minute cleaning all sides of the bottom teeth, begin to brush the upper set. Once again, brush roughly on the surfaces used to chew, but be gentler when you switch

to the inside and outside enamel. Really focus on the fronts of your teeth, since those are what others see. Routine is important! Doing the same process every time you brush reduces the chances of you forgetting a section of your mouth.

Once you have brushed thoroughly for about two minutes, spit out the excess toothpaste. Gently brush your tongue, starting as far back as is comfortable and moving forward to the tip. This important step not only gets rid of more plaque and bacteria, but leads to fresher breath.

Then, rinse out your mouth with a cup of water, and rinse out the toothbrush under the faucet. Doing so will allow your brush to work more effectively in future cleanings.

For even healthier teeth, brushing should be a twice daily task. Cavities are caused when bacteria eat the sugars and food particles on the teeth, and continue to eat even the enamel. Therefore, nighttime brushing is especially important, since the sugars and bacteria could potentially remain on the teeth for a longer time.

It is also recommended that flossing follow at least one brushing a day to clean the plaque between teeth that a brush leaves behind. Last, but not least, regular brushing should also be accompanied by a teeth cleaning from your dentist every six months. The visit is a harmless way to make sure you are brushing efficiently and to insure overall health of the mouth.

Brushing your teeth is a simple and quick task, but not one to be overlooked. It can save you money and pain at the dentist's office. Wouldn't you rather go in for a simple cleaning every six months than have to go in for a filling, or possibly a root canal? As someone once said, "You don't have to brush your teeth - just the ones you want to keep."