

## Pediatric Teeth Cleaning & Home Care

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rotate the bristles across your teeth and under your gums with a backward and forward circular motion. Be sure to also get the top surfaces of your teeth where you chew. Lastly, it's important to brush the inside surfaces of your teeth with the same rotating motion.

### Office Cleaning

Your dentist or a certified staff member will use what's called a rotating toothbrush to clean the plaque from your teeth. After your teeth have been brushed your dentist may floss to remove any and all remaining plaque between your teeth. If necessary, to help harden your teeth and help fight future cavities, your dentist or dental staff member may apply a fluoride foam, solution or paint.

### Home Care

Obviously you can't go to the dentist everyday to have your teeth cleaned, so here are some tips on how you can keep your teeth strong and healthy at home. First, you should start by flossing your teeth to remove any food particles and plaque that may get stuck between them. The right way to floss is to wind the floss around both of your index fingers and gently push it in between each of your teeth in your mouth. Make sure to freely move the floss upwards, downwards and even sideways to get out any food that might be stuck.

After flossing you should then brush your teeth. You should put a small amount of toothpaste on a soft toothbrush and hold the toothbrush at a 45-degree angle to your teeth. Then gently