

DAILY FOUR HOW TO

#1 PROPER BRUSHING

Proper brushing is essential for cleaning teeth and gums effectively. Use a toothbrush with soft, nylon, round-ended bristles that will not scratch and irritate teeth or damage gums. Remember to replace your toothbrush every 3-4 months, or after an illness.



- 1.** Hold bristles at a 45-degree angle, in contact with tooth surface and gumline.
- 2.** Gently brush outer surface of 2-3 teeth with a back and forth, small circular motion. Move to next group of 2-3 teeth and repeat.
- 3.** Repeat on inner surfaces of teeth, maintaining contact with tooth surfaces and gumline.
- 4.** Tilt brush vertically behind front teeth (top then bottom) and make several up and down strokes to brush each individual tooth.
- 5.** Place brush against biting surface and gently brush back and forth. Brush tongue from back to front.



Evidence based references are available at adha.org/daily4

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#2 PROPER FLOSSING*

Flossing is an essential part of the Daily 4 because it removes bacterial plaque between teeth and at the gumline. If you find flossing awkward or difficult, ask your dental hygienist about dental floss holders or other interdental cleaning devices.



1.

Wind 18" of floss around the middle fingers. Pinch the floss between the thumbs and index fingers, leaving one to two inches in between.

2.

Thoroughly clean each tooth with a clean section of floss.

3.

Gently guide the floss between the teeth, hugging the side of the tooth surface in a "C" shape to make sure the entire interdental space is cleaned. Floss should not be "snapped" into the gums.

4.

Slide the floss up and down against tooth surface and under gumline.



*INTERDENTAL CLEANING

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#3 PROPER RINSING

Your teeth only account for less than half the surface area of your mouth. To reduce the amount of bacteria in the rest of your mouth, use an antimicrobial mouthwash to rinse twice a day. Your dental hygienist can help select the best type of oral rinse for your individual needs. Be sure to follow any manufacturer instructions on how long to wait after rinsing before eating or drinking.



1. Pour 20 ml mouthwash into a cup, then into your mouth.
2. Swish mouthwash thoroughly for a full 30 seconds.
3. Gargle intermittently.
4. Spit mouthwash into sink.



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#4 PROPER CHEWING

Try chewing sugarfree gum for 20 minutes after meals, or to help keep your teeth clean when you are on the go. Other benefits of chewing sugarfree Orbit® gum include helping to:



1. Stimulate saliva flow.
2. Neutralize plaque acid.
3. Maintain tooth mineralization.
4. Increase rate of food debris clearance.
5. Maintain proper pH.



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