

# SUN TIMES

## Do your Best Brushing in the New Year



### Follow a Routine

We recommend brushing twice a day — before breakfast and before bedtime. You should also floss once a day, before your nighttime brushing. Rinse with a fluoride mouthwash after lunch.



### Start with the Correct Tools

Use a toothbrush with soft, nylon bristles. We especially recommend using an electric toothbrush. Put a pea-sized amount of fluoride toothpaste on the brush.



### Use Light Pressure

Be careful not to apply too much pressure to avoid injuring your gums.



45°Angle

### Change The Angle for Each Surface

Chewing surfaces should be brushed flat, back and forth. The back sides of your front teeth should be gently scrubbed straight up and down. The inner and outer surfaces of all other teeth should be brushed at a 45 degree angle in small, circular motions. See a video at this link: <https://youtu.be/4iIGhqi57es>



### Don't forget your tongue

Use your toothbrush to gently brush your tongue in front-to-back strokes. You can also use a tongue scraper. Rinse and repeat!

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### TIPS FOR HELPING KIDS BRUSH



Lead by example



Use a Fun Brush  
and Toothpaste



Make it a Game