

Tips for Optimal Oral Health

Brushing Basics



Tilt the brush at a 45-degree angle against the gumline and roll the brush away from the gumline.

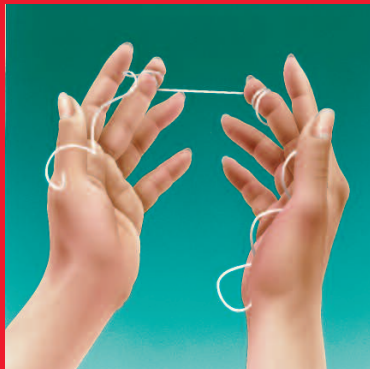


Clean all surfaces of the teeth, using short, gentle strokes.



Take a moment to brush your tongue to remove bacteria and freshen your breath.

Flossing Fundamentals



Take 18-inches of floss and wind most of it around your middle fingers until about one inch is left.



Holding the floss between the index finger and thumb of each hand, gently slide the floss between two teeth.



Slide floss up and down, then curve it around the base of each tooth. Never snap or force floss, as this may cut or bruise delicate gum tissue. Use clean sections of floss as you move from tooth to tooth.

Additional Oral Care Tips for those with Diabetes

- Have a dental checkup at least every six months, or as often as indicated by your dental professional.
- Tell your dentist and hygienist you have diabetes and any other medical condition.
- Brush for two minutes twice a day with a toothpaste with an antigingival/antibacterial ingredient to help prevent gingivitis and one that is accepted by the American Dental Association.

Contact your dentist or hygienist if you experience any of these signs of gum disease:

- Gums that bleed or are red, puffy or swollen, or sore
- Gums that have pulled away from your teeth
- Changes in the way your teeth fit together when you bite
- Pus that appears between your teeth and gums
- Constant bad breath or a bad taste in your mouth