



Are you brushing too fast? The right way? Just remember, "Don't rush! Brush 2-3."

Be gentle—harder is not better:

Brushing too hard and too fast can make your gums recede. When gums recede, tooth roots are exposed, increasing your sensitivity to cold, hot and acidic beverages and foods. Be sure to use a soft toothbrush and use slow, gentle strokes.

Reach those recesses:

While it's easy to brush front teeth, back teeth often get missed, especially when in a hurry. Be sure to focus on brushing every tooth surface, the roof of your mouth and your tongue.

Use a 45° angle:

It is important to hold your toothbrush at a 45° angle to your gum line. This allows the bristles to gently reach plaque that typically forms around the base of teeth down in the gums.

Short strokes are crucial:

Broad strokes tend to irritate gums, making them swell, bleed and ultimately recede. Use short, gentle strokes, moving in a gentle side-to-side motion.

Have your replacement toothbrush ready:

Worn toothbrushes do not adequately clean your teeth. Toothbrushes typically need to be replaced at least every 3–4 months. To prevent delays in replacing your toothbrush, have the next one ready to go.

2–3 minutes, twice a day is all it takes:

Timing yourself prevents you from brushing too fast and missing those important spots. A well-brushed mouth usually requires 2–3 minutes, twice a day.

For information on the TRICARE Dental Program, or to find more "Dental Health 101" tips, visit us online at www.TRICAREdentalprogram.com.