



Effective Toothbrushing

Looking for the Light-Switch in the Dark

The Way We Were

How do we brush? Push hard? Soft? Circular motions? Up and Down? Back and Forth? We all brush, the “way we brush” and it is impossible for a dentist or hygienist to know how to correct, precisely, an ineffective habit. What we do know, is that there is a need to change, to do something different to achieve “clean.”

Insanity: Doing the same thing over and over again and expecting different results.
Albert Einstein

When change is needed, follow these rules to cleaner teeth

The Tongue-Test: Find the plaque, at the gumline. Feel the “slime”

Feel the “red zone,” the 2 mm of tooth, at the gumline. This is important and will be repeated after vibrating for cleaning to test effectiveness of your efforts.

Find the Light-switch - change it up!

When brushing, push firmly, AND softly. . .from different angles. If you are not effective, change the force and angle you use when brushing. This is like searching for a light-switch in the dark. You use care to probe and search, until you are successful in finding the light. Similarly, alter your brushing style, and pressure, until you achieve effective cleaning.

Daily: Evening, 4 minutes - 10 seconds/2 teeth, NO PASTE.

Brush like you are looking for the lightswitch in the dark. Put the brush over two to three teeth. Aim at the gumline. Light pressure, firm pressure, move the brush back a bit , and forward a bit. You will have cleaned the crevices and the smooth surfaces. NO PASTE because toothpaste desensitizes the tongue, you can't feel the “clean.” We don't put paste on floss, for disorganizing plaque, with a brush, NO PASTE is required.

Final Tongue-Test: If you have been effective, the biofilm, the “slime” will be gone. If you missed a spot, return with the brush and do something different. Harder, softer. Move the brush around.

Medicate, Refresh, Remineralize: NOW toothpaste & mouthwash

Whatever is appropriate for cavity prevention (fluoride, xylitol, antimicrobials) or stain removal (baking soda with fluoride mouth rinse following) or (abrasive paste), can be applied after you have removed the goo, the slime, the biofilm.