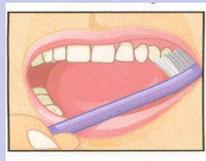


## Brush and Floss Right!

Brushing and flossing stop plaque and tartar from building up on your teeth. Brush and floss after every meal. Be sure to brush and floss right by following these tips

**BRUSHING** (at least 2x daily, morning and night)

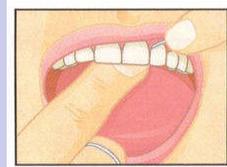
- Use a soft toothbrush and fluoride toothpaste.
- Hold the brush at a 45° angle to your gum line. This lets the bristles reach under your gums. Gently brush all surfaces of your teeth with a circular motion.
- Scrub the chewing surfaces.
- Clean the inside of the upper and lower front teeth using the bristles at the tip of the toothbrush.



- Brush your tongue to clear away food and bacteria. Rinse well.

**FLOSSING** (at least once a day)

- Wrap 12-14 inches of floss around your middle fingers. Hold it tight between your thumb and index finger. Or use a floss holder.
- Ease the floss between your teeth. Rub up and down against the sides of each tooth.
- Floss gently under your gum line where plaque tends to collect.



**HYGIENE TREATMENT AREA**

From the office of  
Michael C. Peer, DDS

## BASIC ORAL HEALTH INFORMATION



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**A healthy mouth is a team effort. We'll do our part, but we will only be successful if you do your part as well.**



**Donna, our dental hygienist**

### Some basic facts

relating to oral health

- According to the American Dental Hygiene Association, every dollar spent on preventive care saves between \$8.00 and \$50.00 in restorative.
- More people lose their teeth from gum disease than from cavities.
- If gum disease is not treated, you will eventually lose all your teeth. This may not happen next week, but this is the long-term reality.
- Lack of orally health care has been linked to other serious health problems.

- Healthy gums are firm, pink, and do not bleed when pressure is applied.
- Infected gums bleed, swell, and recede, or pull away from teeth.

**If you brush your hair and your head bleeds, you would worry. So why not be concerned if your gums bleed when you brush your teeth?**

\*\*\*\*\*

**Periodontal disease is painless. It affects 75% of the population. Its victims are often unaware!**



**Tara, our dental hygienist**

### Take a Self-Evaluation Quiz

1. Do you ever have pain in your mouth?
2. Do your gums ever bleed when you brush your teeth or when you eat hard food?
3. Have you noticed any spaces developing between your teeth?
4. Do your gums ever feel swollen or tender?
5. Have you noticed that your gums are receding (pulling back from your teeth) or your teeth appear longer than before?
6. Do you have persistent bad breath?
7. Have you noticed pus between your teeth and gums?
8. Have you noticed any change in the way your teeth fit together when you bite?
9. Do you ever develop sores in your mouth?