

Dental Cleaning

The health of your teeth and gums is an important part of your overall health. By following these guidelines, you can prevent oral health problems such as cavities, gingivitis, periodontitis, and bad breath:

1. **Brush with fluoride toothpaste:** Use fluoride toothpaste and brush your teeth in the morning and evening for at least two minutes each time. Fluoride strengthens tooth enamel and helps prevent cavities.
2. **Clean between your teeth:** Use interdental brushes, dental floss, or toothpicks to clean between your teeth once a day. This removes plaque and food debris that your brush can't reach.
3. **Use an electric toothbrush:** An electric toothbrush is an effective tool for removing plaque, and generally achieves better cleaning results than a manual brush.
4. **Do not rinse your mouth with water after brushing:** This gives the fluoride from the toothpaste more time to work.
5. **Carefully brush along the gum line:** Ensure you also brush over the gum line, as plaque accumulating in the gum pockets can lead to gingivitis and, over the long term, more serious periodontitis.

Following these guidelines will help keep your mouth healthy and your breath fresh.

Video (FIN): [Proper brushing and cleaning between teeth](http://www.qadental.com/puhdistus) [www.qadental.com/puhdistus]