

Flossing Tips

- ▼ Flossing once a day is very important for keeping your gums and teeth healthy.
- ▼ Flossing loosens plaque around teeth & gums where a toothbrush cannot reach.
- ▼ Flossing should be done before brushing so you can brush the loosened plaque away.



Grab about an arm's length of floss so you have a clean section for each tooth. Wrap each end of floss around your middle fingers (1).



Use your thumb & index fingers to guide the floss gently between each tooth contact (2).



Wrap the floss around the tooth in a "c-shape" (3). Move the floss up and down at least 4 times on BOTH adjacent teeth (4).



Take care to avoid damaging the gums between teeth. Wiggle out the floss, unroll a fresh section and repeat.



At Mistry Dental, we treat more than just teeth.

We are committed to providing our patients with the highest quality of healthcare in a friendly and comfortable environment.

Our mission is to develop individualized preventive strategies and treatment plans that will restore beautiful smiles and overall health. Our fully certified staff will utilize the latest technologies to provide patients with well planned, carefully executed dental care to improve and maintain the well being and self confidence we believe everyone deserves.

Improving overall health & self confidence

Dr. J.K. Mistry, B.Sc., D.M.D., & Associates
4646 Heritage Hills Blvd., Unit 5
Mississauga, ON L5R 1Y3
(905) 890-0200
contact@mistrydental.ca

Visit our website: www.mistrydental.ca

DENTAL CARE:

Improving Your Oral Health

Easy to follow, step-by-step, illustrated instructions on proper brushing & flossing.



Brushing Tips

- ▼ It is important to brush two times each day, for at *least* 2 minutes.
- ▼ You should also clean your tongue twice a day with light pressure using a separate tongue cleaner.
- ▼ Remember to replace your used toothbrush after you have been ill, if the bristles are splayed, or every 3 months – whichever occurs first.



1. Place the head of your toothbrush against your teeth where the gum line starts, and tilt the bristles to a 45-degree angle.



2. Gently wiggle the bristles under the gum, then sweep down & away from the gums.



3. Repeat this process 4-5 times on each tooth, moving the toothbrush over two teeth at a time. Repeat this process on the lower teeth, sweeping up & away from the gums.



4. Brush the insides of the teeth with the same sweeping motions. For front teeth, tilt the brush vertically and sweep out & away from the gums.



5. To brush the biting surfaces, gently move the brush in a back and forth motion several times.

Why are my teeth sensitive?

Over time you can wear down the protective layers of your teeth and expose the microscopic canals that lead to your dental nerves. Your teeth may be sensitive to hot, cold, or sticky foods, or some of these other common causes of tooth sensitivity:

- 1 You brush with too much force or with a hard-bristled toothbrush.
- 2 You eat acidic foods such as tomato sauce, oranges or lemon.
- 3 You have gum disease, and the roots of your teeth are exposed.
- 4 You have a cavity, a cracked tooth, or a filling that needs to be replaced.
- 5 You grind your teeth at night, wearing down tooth enamel.