

How to Brush

Maintain a regular dental hygiene routine to keep your teeth and gums healthy

For two minutes

Use a timer to make sure you are brushing long enough.



Remove food particles to prevent the buildup of plaque.

In small circles

Don't scrub teeth up and down or back and forth.



With moderate pressure

Brushing too hard can damage your gums.

And floss!

Floss gets into the crevices your toothbrush can't reach.









We keep you smiling® deltadentalins.com/enrollees

Copyright © 2016 Delta Dental. All rights reserved. PO14 #98435 (rev. 8/16)