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Dr. Stukalin's Proper Brushing Techniques

- Always use soft bristles. Power brushes (i.e. Sonicare, Oral B) have soft bristles.
- Hold the brush handle with your fingers, not with the palm of your hand. This reduces pressure.
- Only use a **pea size amount of toothpaste**. Start by brushing biting surfaces, then insides of teeth before moving to the outer side of teeth (**30 seconds per quadrant**). Do not share toothpaste products with other members of your family.
- Aim the bristles at a 45 degree angle toward the gum line. It is important to brush the teeth and not focus on the gums. With proper angulation of the bristles, you will stimulate the gums adequately.
- With a **manual toothbrush, use small circles**. Brush 2-3 teeth at a time. Pick the brush up and move it to the next 2-3 teeth.
- If using a **power brush, do not do circles**; let the brush do the work. Pick the brush up and move to the next 2-3 teeth.
- No horizontal scrubbing of the teeth.
- **Hint:** If the bristles of your brush flatten out you are brushing too hard.

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