

## TOOTH BRUSH DRILL

The tooth paste or tooth powder that we use is not nearly so important as the proper use of the tooth brush.

People who keep their bite closed and brush the teeth with an up and down motion, do more injury than good as they tend to pull the gums away from the teeth and very often loosen fillings and other restorations. We should always grip the tooth brush firmly and start with the upper back teeth first, holding the brush so the bristles point downward. Be sure to have the brush far enough back to cover the very last tooth.

We raise the brush so the bristles are even with the edge of the gums and all the motion of the hand comes from the wrist. With a slight turn of the wrist we direct the bristles in a little, always keeping their general direction downward. Pressing the brush firmly we direct the motion so the brush bristles reach in between the teeth (in their interproximal spaces) and with a sweeping motion we bring the bristles out as they come near the grinding surfaces of the teeth. This motion brings the edge of the gum closely to the neck of the tooth and then clears out any debris that may have lodged in between the teeth. If the teeth are cleaned in this correct manner, we must have the jaws apart because it is impossible to do justice to the outer surfaces with the bite closed.

Brush the outside surfaces of all the upper teeth in this manner and then reverse the brush and go over all the inside surfaces in the same way. When the inner and outer surfaces have been all thoroughly brushed, rest the brush on the grinding surfaces of the teeth and with a circular motion and using pressure, clean all the grooves. This cannot be accomplished with the usual sweeping motion.

To clean the lower teeth, we use the same manner except that the brush is passed between the cheek and teeth with the bristles directed upward.

When all surfaces have been cleaned, we must not forget the roof of the mouth... the brush is passed over this area with a crosswise motion, from one side to the other and then when this is completed we put the tongue out as far as possible and with a sweeping motion from the back to the tip, we clean it as well.

Following the tooth brush routine with a thorough rinsing of the mouth as this is necessary to remove any debris that has been dislodged by the tooth brush.

By: G. Archanna Morrison.