



Do you always brush your teeth properly?



Even though you brush your teeth every day, have you ever had cavities or gum disease?
Do you ever worry about bad breath?
Brushing with just a toothbrush is not enough for good oral health care.
Let's reassess our toothbrushing routine.

How should you brush your teeth properly?

A toothbrush cleans the surface of your teeth.
Add dental floss and interdental brushes to your toothbrushing routine.
Removing plaque is effective in preventing cavities and gum disease.
Dental floss is effective in preventing cavities as it removes dirt between your teeth.
An interdental brush is effective in preventing gum disease as it removes dirt between your teeth and gums.



What are dental floss and interdental brushes?

Dental floss		Interdental brush	
<p>It is used for narrow spaces between teeth.</p>		<p>It is used for wide spaces between teeth.</p>	
Holder type	Roll type	L-shaped	I-shaped
For front teeth	For both front and back teeth		For front teeth

Due to its active ingredients, mouthwash can help prevent bad breath and kill bacteria that cause cavities and gum disease.

If the mouthwash contains fluoride, it can be effective in preventing cavities as well.



There are various types available, choose one that suits your teeth!
If you're unsure, consult with your dentist!

Source: Lidea Powered by LION. Dental floss or interdental brushes, which do you use?: Differences, types, and selection. <https://lidea.today/articles/622>

Your teeth are for a lifetime. By regularly visiting the dentist, you can check the health of your mouth.

At the Health Administration Center, dental consultations are available once a month by a dental specialist from the Department of Dentistry, Oral and Maxillofacial Surgery, Gifu University Hospital.

You can seek advice regarding concerns about teeth alignment and bite.

Reservations are available through the Health Administration Center website.

Please take advantage of this service!



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