

# Brushing Tips

*You should see your dentist to make sure you use a technique that meets your needs.*

- Use a soft-bristled brush. Gently brush your teeth. If you brush too hard it can cause gum damage.
- Be sure it is the right size. Generally smaller is better than larger.
- Tilt the bristles (at a 45-degree angle) to teeth. Slide the tips of the brush under the gums.
- Jiggle the bristles gently to remove any germs under the gum.
- Be sure to brush all sides of the teeth – the outside, the tongue side and the chewing surfaces.
- For the upper and lower front teeth, brush the inside surface. Tilt the brush and make several up and down strokes. The front part of the brush should go over the teeth and gum tissues.
- Your toothbrush will only clean a few teeth at a time. Change its position to properly clean each tooth.
- To prevent tooth decay, be sure to brush at least once a day, best at bedtime. If you add a second brush time after breakfast it can help remove the germs that live on your teeth and gums.
- Don't rush your brush. Brushing should take at least 3 minutes.
- A pea-sized amount of fluoridated toothpaste is all you need.
- Replace your brush when the bristles begin to spread. A worn-out toothbrush will not properly clean your teeth.



If you need help to find a dentist or have questions about your benefits, visit [www.hndental.com](http://www.hndental.com).

Or, call:  
Los Angeles County  
**1-844-233-4522**

Sacramento County  
**1-833-493-0428**

Hours: 8 a.m. to 5 p.m. PT  
TDD/TTY users should dial  
**1-800-466-7566.**

Source and website:

*Brushing your Teeth.* American Dental Association (ADA), [www.mouthhealthy.org](http://www.mouthhealthy.org).

This information is not meant to replace medical or dental care. Please always follow your healthcare provider's instructions.

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