

Proper brushing helps minimize the risk of tooth decay and gum disease. Use a soft-bristle brush and fluoride toothpaste to remove plaque and food. Replace your brush every three months.



Tilt the brush at a 45° angle at the gumline and sweep or roll away from the gumline.

Gently brush the outside, inside and chewing surface of each tooth using short strokes.

Gently brush your tongue to remove bacteria and freshen breath.

## What Is the Right Way to Brush?

- Proper brushing takes at least two minutes. Most adults do not come close to brushing that long. To get a feel for the time involved, try timing yourself.
- To properly brush your teeth, use short, gentle strokes, paying extra attention to the gumline, hard-to-reach back teeth, and areas around fillings, crowns or other restoration. Concentrate on thoroughly cleaning each section as follows:

-Clean the outer surfaces of your upper teeth, then your lower teeth, repeat on the inner surfaces.

-Clean the chewing surfaces

-Brush your tongue

- Chew Xylitol-containing gum 3-5 times/day. "Look for Xylitol First", such as Koolerz gum that can be purchased in the PX or Commissary.
- Rinse your mouth with plain water after drinking sugar-containing drinks.

## Be Tobacco Free

- Dental problems caused by tobacco use include tooth loss, stained teeth, gum disease, bad breath and oral cancer.
- Tobacco is the single most preventable cause of death and disability in the United States
- Not using tobacco products is the single most important decision you can make for your health.
- No form of tobacco use is safe.
- If you don't use tobacco, don't start!



### Ft Bragg Dental Activity

#### Joel Dental Clinic

Bldg M-4861, Logistics Street  
Phone 907-9000/9001

Clinic Hours: Monday-Friday 0715-1615

## Simple Steps to Better Dental Health While Deployed



### Dental Classifications:

**Class 1** - Dental Deployable / No treatment needed

**Class 2** - Dental Deployable / Treatment needed

**Class 3** - Dental Non-Deployable / Dental emergency likely to develop in 6 months / Must receive treatment

**Class 4** - Dental non--deployable / Annual exam needed.

**Check your current dental classification on AKO or with your unit representative.**





"Bite of the Dragon"

DON'T LET IT HAPPEN TO YOU!

✓ BRUSH!

✓ FLOSS!

✓ LIMIT SNACKS!

Sugars found in candy, processed foods, soft drinks (Mountain Dew, Coke, Dr. Pepper, coffee, or tea with sugar), and starches found in crackers, potato chips, and bread are utilized by dental plaque to produce acids. Frequent snacking on these foods, put you at higher risk for cavities dental disease.

✓ SEE YOUR DENTIST REGULARLY

## Common Dental Problems and How to Avoid Them

### Tooth Decay:

- Cavities, or tooth decay, are most likely to develop on the chewing surfaces of your back teeth, between teeth, and near your gumline.
- Treatment requires the decay to be removed and your teeth filled.
- Untreated, the cavity gets larger.

Before:



After:



### Keep Your Smile Healthy:

- ◆ Brush often with fluoride toothpaste
- ◆ Floss daily
- ◆ Limit snacks
- ◆ Limit sugary drinks

### Bleeding Gums vs Healthy Gums:

- Plaque, a bacterial buildup on your teeth, can cause irritation to your gums.
- Prevention is the key... Frequent brushing and flossing will quickly restore health.
- If your gums hurt or bleed while brushing, see your dentist.



"Bite of the Dragon"

Heavy Plaque Irritates Gums

