

First OH lesson

C. Title: Stages of proper tooth brushing

Objective: To conclude, the participants will still know the correct steps of tooth brushing.

Time: 25 min

Method: Demonstration

Process:

- selecting X volunteers for the number of steps.
- Crop steps of correct brushing and share many volunteers step for each one.
- Explain them as follows in order to settle as they consider proper.
- Once settled ask them to read each step in the order that they deemed correct.
- Correct talking to them right order and why.
- Once formed exercise your right order and each step model.
- Finally asked other volunteers to show all the steps on the model tooth brushing.
- Conclude the importance of respecting each step.

Steps:



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Apply toothpaste on your toothbrush dry (1cm)
Keep your toothbrush in hand with the thumb support
Mouth slightly open
Insert the brush parallel to the teeth up to the last molar
Toothbrush sits parallel to the gum at an angle of 45 degrees with bristles orientation toward the gum, brush must be in contact with the tooth-gum
Made by wrist rotation of the brush toward the tip of the tooth from the gum, for each group 2-3 teeth
Brush all surfaces of all teeth
For the internal surface of the front teeth, toothbrush can position it perpendicular to the gum executing pulling motions from the gum towards the tooth tip
Tooth surfaces that come in contact when you bite it clean using a circular motion in the horizontal plane
For each area of each group of teeth run 8-10 moves
Finally brush the tongue with 3-4 moves from base to tip of the tongue
Rinse your mouth vigorously with water and remove the water with his mouth wide open to remove plaque
Rinse the brush under water jet without touching fingers bristles
Position the cover of brush