

A HEALTHY Body Starts with A HEALTHY Mouth



Please enjoy your new tooth brush. Brush twice-a-day. Floss once-a-day. Use tooth paste that contains fluoride. That will protect the health of your teeth and gums. You also need regular dental care with a regular dentist (a dental home).



Establish a dental home and a good relationship with your dentist.

Avoid pain by visiting your dental home regularly.

Keeping your scheduled dental appointment is important.

Tips to Keep your Mouth Healthy and Infection Free

- Eat a diet containing **less or no** candy, junk food or sweetened beverages.
- **Do not** use tobacco products.
- **Brush** your teeth two times a day, in the morning and before bedtime which are the most important times.
- **Many medications** cause **dry mouth**, increasing your risk to **dental infections**, ask your doctor or dentist if you are at risk.

- **Follow the simple steps on how to brush your teeth properly, printed on the other side of this paper.**
- **Swollen, red, bleeding gums and mouth pain are not normal.**
- **Call your dentist if your gums bleed when brushed or there are white or brown spots on your teeth.**
- **Ask your doctor or dentist for more tips to protect the health of your teeth and gums.**

If you need help finding a dentist in your area please call:

855-CT-DENTAL (855-283-3682)

Monday-Friday, 8 am – 5 pm

Hearing impaired clients, please dial **711** for Relay Connecticut Assistance

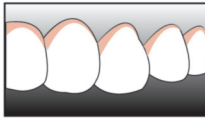
A friendly, live person will be happy to help you! We will help you locate a dentist near you, help with transportation and appointment scheduling.

We are here to help and teach you and your family to take care of your teeth.

Connecticut Dental Health Partnership is the program that provides dental care for Connecticut residents on state HUSKY Health/Medicaid.



For more information, visit www.ctdhp.com



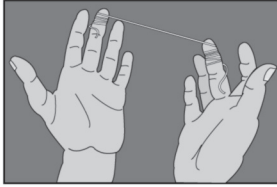
Plaque likes to grow between your teeth and under your gums. Plaque causes dental problems.

How to use Dental Floss

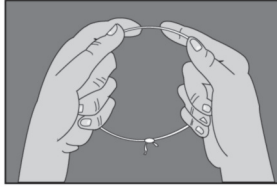


Dental floss removes the plaque growing between your teeth and under your gums.

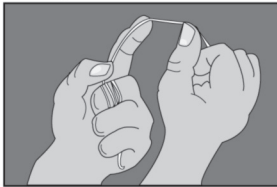
How to Hold Dental Floss



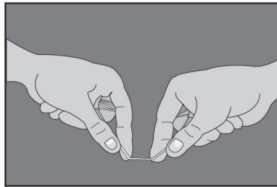
Wrap about two feet of floss around the middle fingers of each hand, or...



...make a loop by tying the ends together.

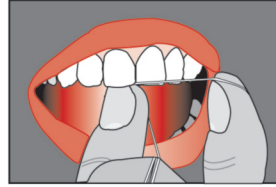


Use your thumb and index finger to guide the floss between your upper teeth.

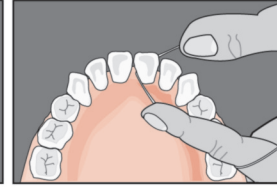


To clean the lower teeth, slip the floss down with your index fingers.

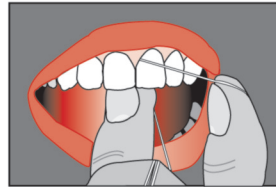
How to Floss Your Teeth



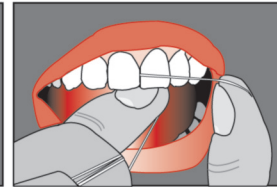
1. Work the floss gently between your teeth.



2. Bend the floss around the tooth in a U-shape.



3. Pull the floss against the tooth. Move the floss gently under the gum until you feel the pressure.



4. Hold the floss firmly against your tooth and scrape the plaque from the side of your tooth in one pull.

Be sure to floss both sides of each tooth.
Move to a clean area of floss after every 2 or 3 teeth.



Brush carefully for 3 to 5 minutes to remove plaque and food particles to keep your teeth and gums healthy.

How to Brush Your Teeth



A smear of toothpaste is all you need to keep your teeth and gums clean and healthy.

1.

Place the bristles at a 45 degree angle to the teeth. Slide the tips of the brush bristles under the gums.



2.

Jiggle the bristles gently in small circles so that any plaque under the gum will be removed.



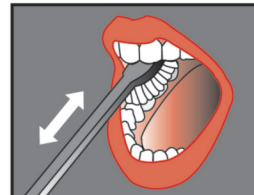
3.

Be sure to brush both the outside and the tongue side of your teeth.



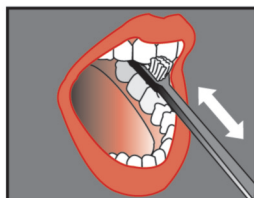
4.

Brush the chewing surfaces of your teeth with a back and forth motion.



5.

Brush the tongue side of your front teeth with the end of the brush, cleaning one tooth at a time.



6.

Brush your tongue to remove germs and to make your breath fresh.

