

## GS Solo tooth brushing

(Modified from Curaprox iTops technique for clean teeth and gums)

Don't knock it 'til you've tried it! 😊

The aim is to effectively manage your plaque biofilm for clean teeth, fresh breath and oral health. This is a great technique for everyone including those with a small mouth, gag reflex, carers etc. If you can never be bothered to spend 2 minutes brushing last thing at night, once mastered you can do this watching TV etc so that a 'quick brush' last thing at night doesn't leave you going to bed guilty!

Oral hygiene instruction is best face to face with an oral health expert. This may be your dental hygienist/therapist/dentist or virtually with a Growing Smiles coach. Find out more at [Time out for Teeth](#)

For best results use a fine, densely bristled single tufted brush head which increases surface contact – best suited to the [Curaprox 1006 CS single](#). Once you get the 'feel' of it you can do it in front of the TV, waiting for the kids to come out of school, on the bus etc! Master the technique and you can brush anytime, anywhere!

This technique can be modified to brush the root surfaces in periodontal (gum) pockets around your teeth using a [CTS superslim single tufted brush](#). The bristles are slimmer to fit into 'gum pockets' (periodontal pockets), the space between the gum and tooth found in individuals with gum disease. Ask your dental team about root brushing which can make a significant difference to obtaining and maintaining gum health.

### **Aim to clean every tooth individually.**

One surface at a time, concentrating on the area where the gum and tooth meet – the "sulcus". The brush is used dry with bristles gently 'engaging' into the gum crevice (sulcus). Think of how you would use a nail brush to clean under your nails.

### **The key to success is...**

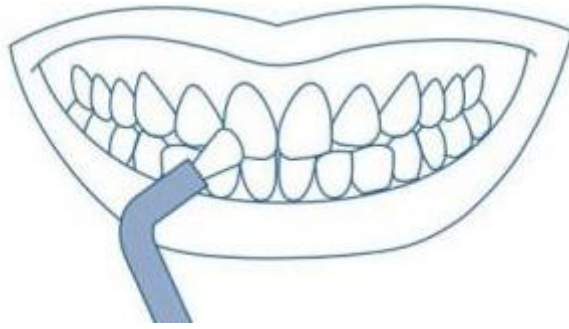
Using gentle agitating movements along the gumline, almost without any pressure: use precise, gentle vibrations, follow the gum line closely with the bristles. Initially you will need a mirror to make sure the bristles engage with the 'sulcus' but you will soon 'feel' the correct cleaning technique.

### **It takes a bit of practice...**

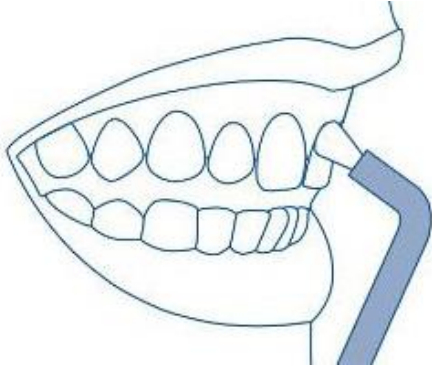
... but it's worthwhile. This is the way to clean one of the most important areas to perfection – the gum line. In time, you will become skilled and be able to clean so intuitively that you can even read a book while doing it. No toothpaste needed. If you are someone who is too rushed in the morning and too tired at night this may well work for you – done thoroughly once a day you will be able to maintain oral health with a 'quick' brush with fluoride toothpaste morning and night. Don't forget to spit the paste out but don't rinse. Let the ingredients in your toothpaste work their magic.

### **Going Solo - step by step**

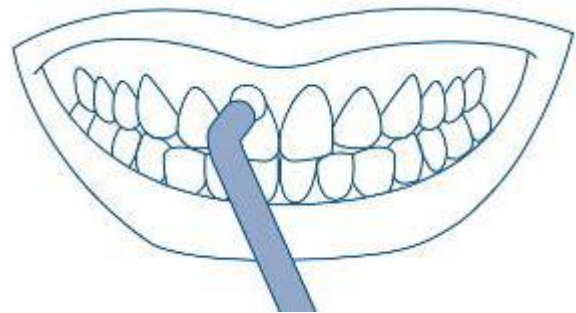
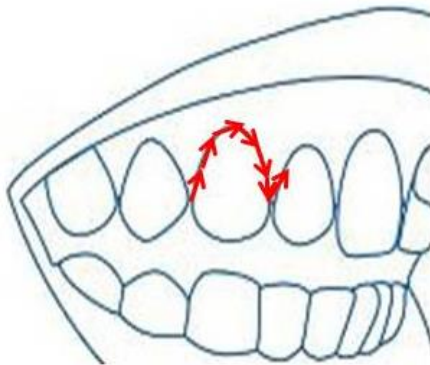
Follow the gum line using gentle vibrating movements with very little pressure, just enough so you can feel the bristles in the gum crevice: using precise, gentle, movements almost without any pressure, follow the gum line closely. Here it is in detail:



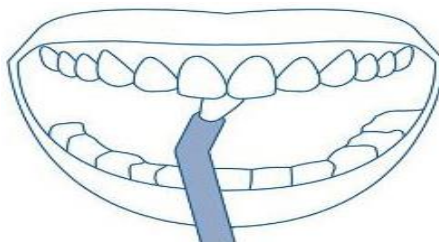
1. Hold your brush upright and to one side of the tooth's surface. No toothpaste is required, by the way. So you are starting just above where one tooth is in contact with the next (the contact point).



2. When you do this, the outer edge of the bristles should be just reaching into the 'sulcus'. Move the bristles gently along the gum line, from one side of the tooth to the other. Always keep the tuft head upright and parallel to the tooth surface.

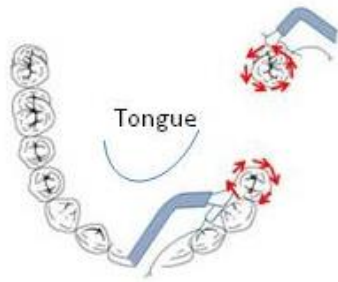


3. Work on the inside the same way you did on the outside: position the bristles at one side of the tooth where it is in contact with its neighbour. Touching the gum line carefully, clean the inside surfaces the same as the outside surface of the tooth.



And now: the next tooth. Remember: don't forget the chewing surface.

4. If you have a missing tooth or a tooth that has no neighbour, work around the tooth at the gumline.



5. Try closing your eyes so you get to feel the 'clean'. Practise! A mirror to see is a 'must' to begin with and enough light to see the bristles are placed correctly.

Every mouth, every tooth and every gap between the teeth are unique to you. Teeth cleaning must be adapted to suit the tooth anatomy, age and abilities. Clean between/floss first then brush. Reading about it will not ensure you are a brilliant brusher. Whatever you use make sure you know how to use it! Your dental team and Growing Smiles coach will help assess and modify your oral hygiene routine to suit you at your stage in life. Always visit your dentist and hygienist regularly – as frequently as they recommend.

Got a question?

Contact us [info@growingsmiles.co.uk](mailto:info@growingsmiles.co.uk) or take [Time Out For Teeth](#) with Growing Smiles.