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## Visiting the Dentist

To keep your teeth and gums healthy, you should visit your dentist every six months. Visiting the dentist can seem scary sometimes, but he or she is there to make sure our teeth last a lifetime.

Dentists are friendly people who want to help us keep our teeth and gums healthy.

Dentists wear goggles and a mask to protect you and them from germs.



You will sit in a chair that tilts way back so the dentist can look in your mouth. This is how it might look to you: ----->



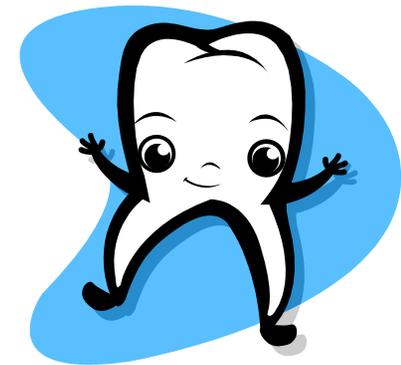
The dental hygienist will clean your teeth with special tools. They may have you bite down on things to take picture of your mouth.



Some of the dentist's tools make weird noises. If you don't like the sound, take a music player and headphones along and listen to music. If the light is too bright, take your sunglasses. Visiting the dentist can be fun!



## Dental Hygiene



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# Brushing and Flossing

Why do we need to brush and floss our teeth?

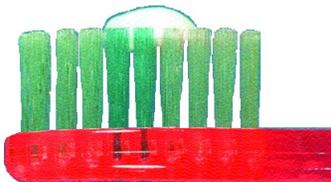
- To remove bits of food from on and between our teeth
- To keep our teeth and gums healthy
- So our breath smells good

How often should I brush and floss?

- Brush your teeth every morning and every night.



- You only need a small (pea-sized) amount of toothpaste on your brush.



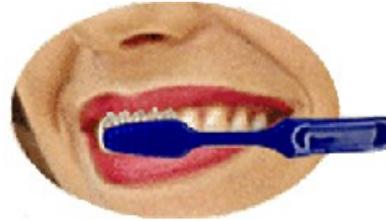
- Floss your teeth every night before you go to bed.



- Rinse your mouth with water after brushing or flossing.

## How to Brush Your Teeth:

Brush the front teeth.



Brush the side teeth.



Brush the back teeth.



Brush all the surfaces of your teeth.

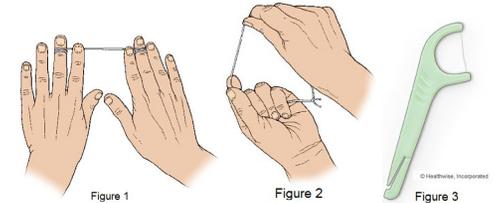


Brush your tongue.



## How to Floss Your Teeth:

You can use a long (18-inch) piece of floss (Figure 1) wrapped around your middle or index fingers, or a shorter piece (12-inch) looped and tied in a not (Figure 2). You can also buy flossing tools that might be easier to use (Figure 3).



**Gently** slide the floss between your teeth toward the gums. Curve the floss around each side of the tooth and gently scrape the tooth a few times to clean it.

