

Brushing basics

Brush. Floss. See your dentist.

You've heard it before. But is your brushing technique effective? Ask yourself these questions:

Does your toothbrush look like a doormat?

If so, it's definitely time to toss it.

Do you brush your tongue?

The American Dental Association (ADA) suggests you brush your teeth and tongue at least twice a day to remove bacteria and freshen your breath.

Do you brush your teeth like you scrub your floors?

Brushing too hard can damage your teeth and gums. The ADA suggests you brush in short strokes with a soft-bristled toothbrush at a 45-degree angle. Ask your dentist to demonstrate the best way for you.



Dentists are detectives

The clues your dentist looks for in your mouth can help solve puzzles about your overall health. The dental exam is not only about searching for cavities and gum disease. Your dentist looks for signs of diabetes, osteoporosis, heart disease, cancer, and other health conditions. Bleeding gums, bad breath, receding gums, and bone loss can signal that something else is wrong. Your dentist may notice something before you do—and that can mean detection early enough to treat the condition effectively. See your dentist at least twice a year and you will be on your way to better overall health.

Babies & brushing

Baby teeth need dental care too. Once your baby has a tooth, wipe it and the gums with clean gauze or a cloth. Floss when two teeth begin to touch. The American Dental Association suggests you take your baby to the dentist within six months of the eruption of the first tooth.



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Having oral surgery?

Ask your oral surgeon to submit the information to your medical insurance carrier first. Usually your medical insurance covers oral surgery. If not, then HumanaDental may pay the benefits, depending on your plan.

