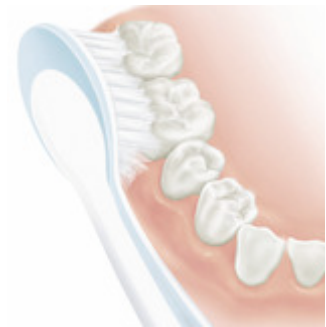


Bass cleaning technique for adults

A systematic and appropriate brushing technique is crucial for an effective oral hygiene. Horizontal scrubbing with much pressure applied has to be avoided under all circumstances. The modified Bass cleaning technique has proven its worth both for people with healthy gums and for gingivitis and periodontitis patients.



Brushing the outer surfaces

Place the toothbrush at the gum margin at an angle of 45°. Press the bristles against the teeth and gums softly. Move the toothbrush with small, vibratory to and from motions. Thus, food residues and dental plaque will be removed thoroughly but gently.



Brushing the inner surfaces

Brush your teeth systematically: start with the outer surfaces, next the inner surfaces and lastly the chewing surfaces. Always start with the back teeth as they are most difficult to clean.

For cleaning the inner surfaces of the front teeth, put the toothbrush in an upright position and place the bristles at the gum margin. Move the toothbrush in the direction: from the gums to the tooth.



Brushing the front teeth