

Final Points After Daily Teeth Cleaning

- A) When is the best time to clean the teeth.
- B) How do you finish the event
- C) Spit or rinse

A) When is the best time to clean the teeth?

The best time to clean teeth is when you both have enough time to incorporate it into your regular routines. It's generally more effective to have one thorough cleaning each day rather than several rushed attempts. Cleaning at night is ideal, but it may be challenging if you're both tired, similar to when you clean your child's teeth.

B) How do you finish the event?

Always aim to finish on a positive note. Ensure that your body language reflects the positive feedback you provide; this can make the next brushing session easier and encourage a more enjoyable experience rather than it feeling like a chore.

C) Should you spit or rinse after brushing?

Residents are often instructed to rinse after cleaning their teeth. However, it is now understood that leaving some residual toothpaste in the mouth can help further protect the teeth from decay, especially overnight.