

## Perks of Brushing Before Going to Bed

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I know it's too troublesome a task to take yourself to the bathroom and do that hard work of brushing while being sleepy as hell after that tiring day of yours plus wanting to keep that taste of the delicious dessert you had all night by yourself. I feel you, seriously I feel you to the bone but but but we have to draw the line somewhere, we wanna keep eating on and on these scrumptious meals till we die for that we have to take this simple task of brushing at night.

### What happens if you don't brush before bedtime?

1. The food debris accumulated in the mouth leads to plaque formation. As brushing is skipped till morning, it gives bacteria enough time to act upon it converting to acids thus dissolving the hard tissue of teeth.
2. The plaque accumulated hardens into tartar(calculus) over time, which can only be removed by professional cleaning via the procedure called scaling.
3. Calculus leads to gingival recession, gingival inflammation, and eventually to loosening of teeth.

### How to brush?

Use an electric or regular toothbrush whatever suits you fine. The simple circular motion along with horizontal strokes is the best way to clean the teeth' surface with maximum efficiency. Of All the brushing techniques, the Modified Bass/Bass technique is considered to be the most effective in removing the debris thus preventing gingivitis and caries:

1. Hold the brush parallel to the teeth.
2. Tilt the brush at an angulation of 45 degrees so the bristles are slightly under the gum.
3. Move the brush in front and back strokes as well a circular motion with a firm but gentle grip,
4. With this motion clean the outer surface of teeth followed by the inner than the chewing surface.
5. For the front teeth, hold the brush vertically behind them and move in an up and down motion thus cleaning the surface with bristles on the toe of the toothbrush.

### Perks

1. Prevents tartar formation.
2. Protects against tooth decay.
3. Keeps malodor/bad breath at bay.
4. Maintains healthy gums.
5. Overall oral health is maintained.

### Takeaway

Brushing twice a day for two minutes can save us from two decades of dental problems. So, let's take that small step towards a refreshing morning and brush before bedtime. Happy tooth brushing.

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