



Homey  
English

# Brushing techniques

level : B1

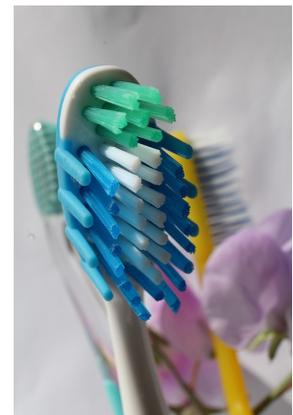
Ex. 1 Match the words to the pictures (*połącz wyrazy z obrazkami*)

decay, cavity

bristles of a toothbrush

gums

clenched teeth



Ex. 2 Look at the meme below (*spójrz na mem poniżej*).



Can you imagine not brushing your teeth for 10 years? Think about the effects. Underline the ones that can be the result of not brushing your teeth. (*Czy możesz wyobrazić sobie nie myć zębów przez 10 lat? Pomyśl o skutkach. Podkreśl te, które mogą być rezultatem nie szczotkowania zębów*)

Decay, crooked tooth, cavities, mouth ulcer, deciduous teeth, periodontitis, gingivitis, halitosis, enamel, wisdom tooth, canines, tongue, permanent teeth, root canal treatment

Ex. 3 Watch the video and list 5 brushing techniques. Which of them is not recommended? (*Obejrzyj video i wypisz 5 technik szczotkowania. Która z nich nie jest polecana?*)

**KLIKNIJ TUTAJ**

**Ex. 4 Now watch the video again and mark the statements TRUE or FALSE. Correct the false ones (*teraz obejrzyj video jeszcze raz i zaznacz czy zdania są PRAWDZIWE czy FAŁSZYWE. Popraw te fałszywe*)**

1. Horizontal technique is harsh to the gums.
2. Horizontal technique is recommended for those who don't have manual skills.
3. Fones method is done by sweeping towards the edge of the gums.
4. Bass method is similar to Stillman method.
5. In Bass technique you insert the bristles underneath the gums.
6. In Charters technique the bristles are directed towards the gums at a 45 degree angle.

**Ex. 5 Now listen again and read the transcript. Check your answers (*teraz posłuchaj jeszcze raz i przeczytaj transkrypcję. Sprawdź swoje odpowiedzi*).**

Our teeth play an essential role in our everyday lives. They serve both functionally to bite and chew and aesthetically when showing off that nice shiny smile. Also if you don't take care of your teeth, cavities and unhealthy gums will make your mouth very sore. So, let's take a look at what you can do to keep your teeth healthy with these proper brushing techniques.

The first technique is the horizontal technique. It is done by moving the brush back and forth on the teeth in a scrubbing motion. It is the method that most people use to brush their teeth. However, it is not recommended because it is very abrasive to the gums which can lead to gingival recession.

This next one is the Fones method. It is done by moving the brush in circular motion along clenched teeth. This is the technique that is taught to a young child and to those with very limited dexterity.

Next is the modified Stillman. In general this is the most appropriate technique suitable for everyone and is highly recommended. This is accomplished by directing the bristles towards the gums at a 45 degree angle and placing the bristles partly on the teeth and partly on the top of the gums. Next, vibrate the bristles with slight pressure to stimulate the gums. Then sweep towards the edge of the teeth. Repeat for the inside surface of the tooth. For the chewing surfaces gently use a back and forth motion.

Similar to the Stillman method is the Bass method. This is used for people with continuous receding gums. This method is identical to the Stillman except for one modified step. When directing the bristles towards the gums at 45 degrees instead of placing the bristles on top you want to gently insert the bristles of the brush underneath the gums. The rest of the steps are the same.

This final method is the Charters technique. This is not as commonly used and is for people with orthodontic and fixed prosthetic appliances. This method is also similar to the Stillman and Bass technique, however the bristles are not directed towards the gums but are instead directed 45 degrees towards the edge of the teeth.

Our teeth play a very important role in our day-to-day living and keeping them clean should be a daily priority. So remember to use these techniques to help aid ensuring your teeth are healthy and your smile is shining.

**Ex. 6 Match the expressions used in the video with their definitions (*połącz wyrażenia użyte w video z definicjami*).**

to chew

back and forth

gingival recession

fixed prosthetic appliances

dexterity

to insert

scrubbing motion

essential

- replacement of missing teeth permanently cemented in place
- the exposure in the roots of the teeth caused by a loss of gum tissue
- skill at doing something especially using your hands
- to crush food between your teeth before you swallow it
- to put something into something else
- rubbing with a brush
- very important and necessary
- in one direction, then the opposite way, then in the original direction again many times

**Ex. 7 Fill in the sentences with the expressions from exercise 6 (*uzupełnij zdania wyrażeniami z ćwiczenia 6*).**

1. Be certain to eat slowly and ..... your food properly.
2. It is ..... to brush your teeth at least twice a day.
3. Electric toothbrush is recommended for patients with limited .....
4. Periodontal diseases often lead to .....

5. If you don't have some of your teeth you can replace them with

.....

6. On the chewing surfaces move the brush .....

7. The doctor will ..... a dental implant into a prepared socket in the bone.

8. Unfortunately most people move the brush in a ..... when they clean their teeth.

**Ex. 7 Translate (przetłumacz):**

1. Nie polecam tej techniki, bo prowadzi do recesji dziąseł.
2. Wykonuj szczoteczką ruchy okrężne na zaciśniętych zębach.
3. Przyłóż włosie pod kątem 45 stopni w kierunku dziąseł.

**Ex. 8 Imagine that there is a patient in front of you. Choose one technique and explain him/her how to brush teeth (wyobraź sobie, że masz przed sobą pacjenta. Wybierz jedną technikę i wytłumacz mu jak szczotkować zęby).**

**Słowniczek**

to serve – służyć

sore – bolesne

let's take a look – spójrzmy

proper – właściwy

abrasive – ścierny

it is recommended – jest  
polecany

can lead to.. - może prowadzić do

appropriate – odpowiedni

circular motion – ruch okrężny

sweep – wymiatać

chewing surface – powierzchnia  
żująca

slight pressure – delikatny nacisk

gently – delikatnie

the edge – brzeg

towards – w kierunku

daily – codzienny