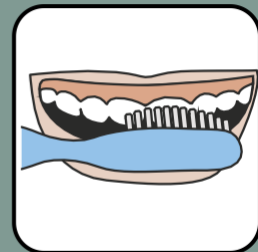
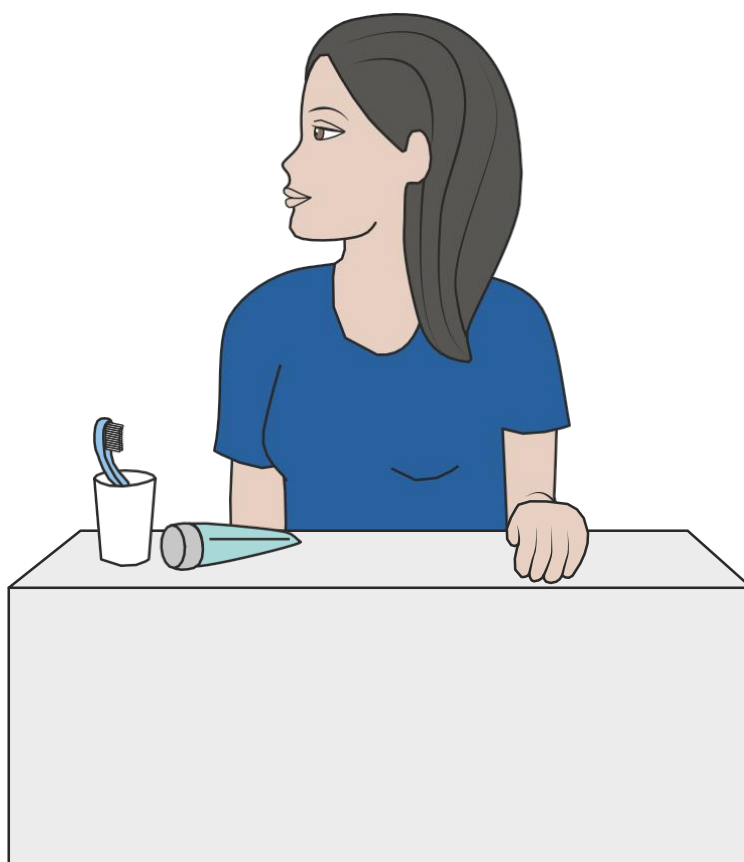
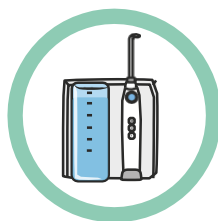
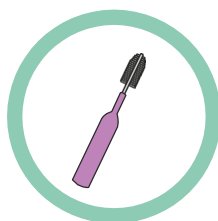
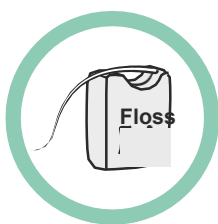


# Caring for my teeth

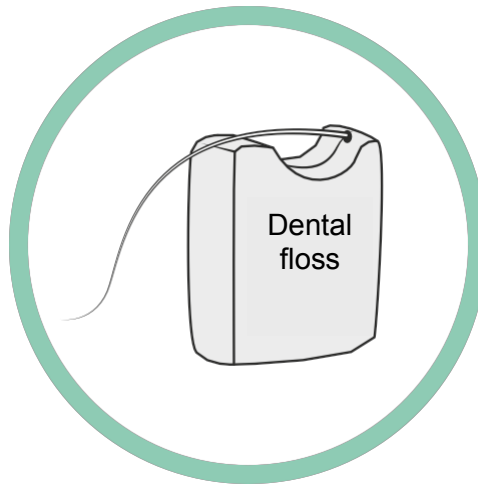


## After brushing

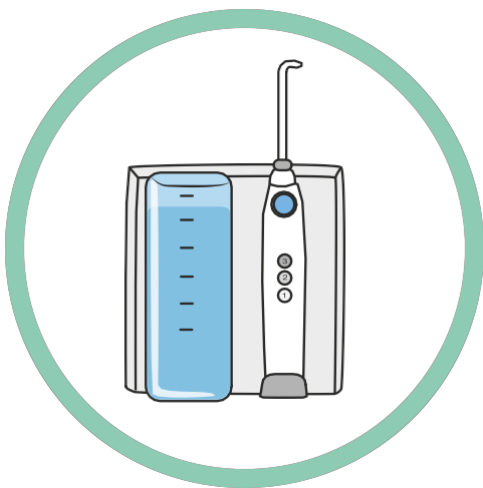


# After I brush my teeth, I can finish cleaning them using:

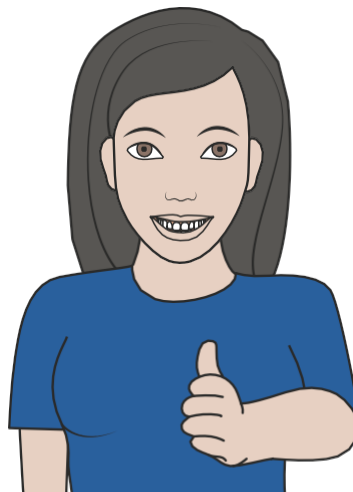
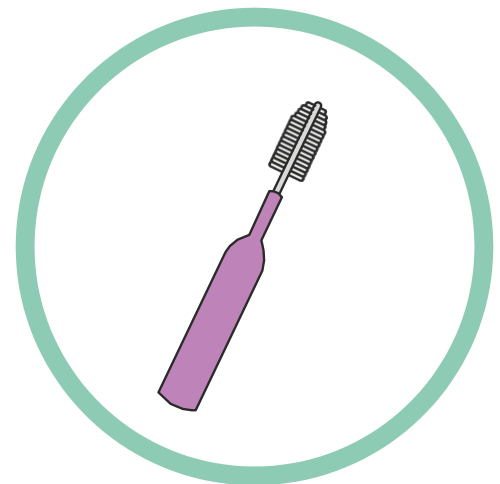
Dental floss



A water jet



An interdental brush

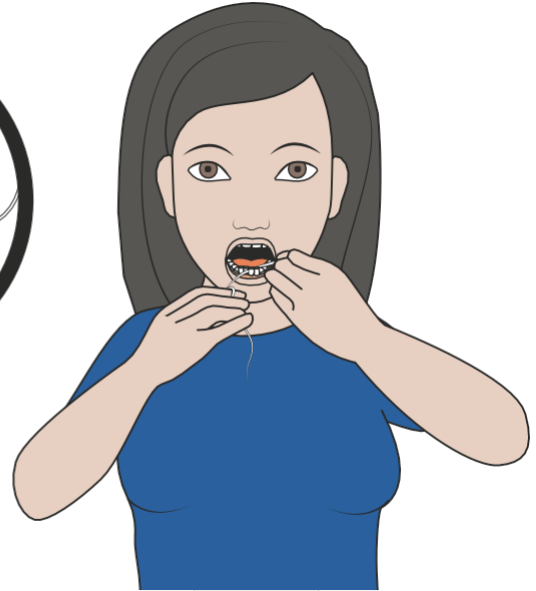
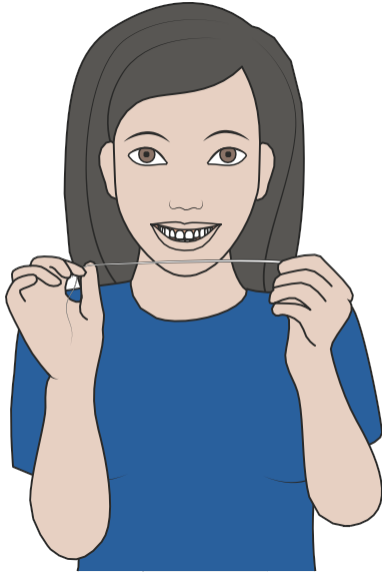
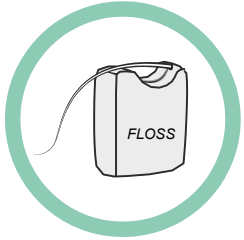


Mouthwash

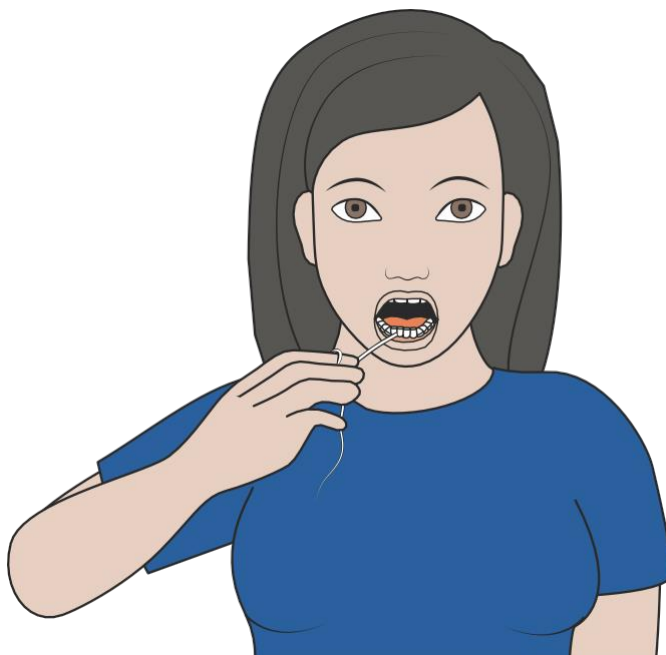


## Dental floss

- I take the dental floss between my two fingers.
- I gently pull the floss backwards and forwards between each of my teeth.  
I don't pull too hard so I don't hurt my gums.



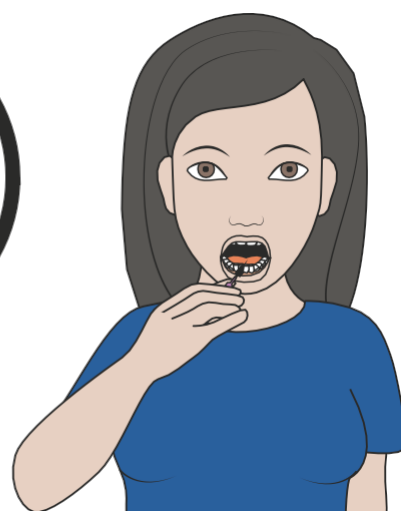
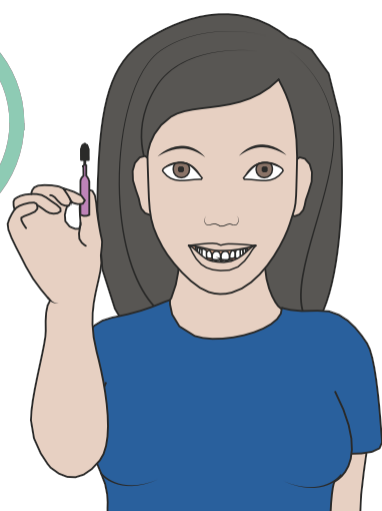
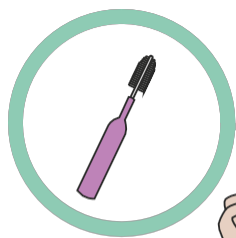
- I pull the floss to take it out of my mouth.



## The interdental brush

- I gently slide the interdental brush between each of my teeth.

I brush gently so I don't hurt my gums.



## Mouthwash

- I put a little of the mouthwash into a glass, then I add a little water.



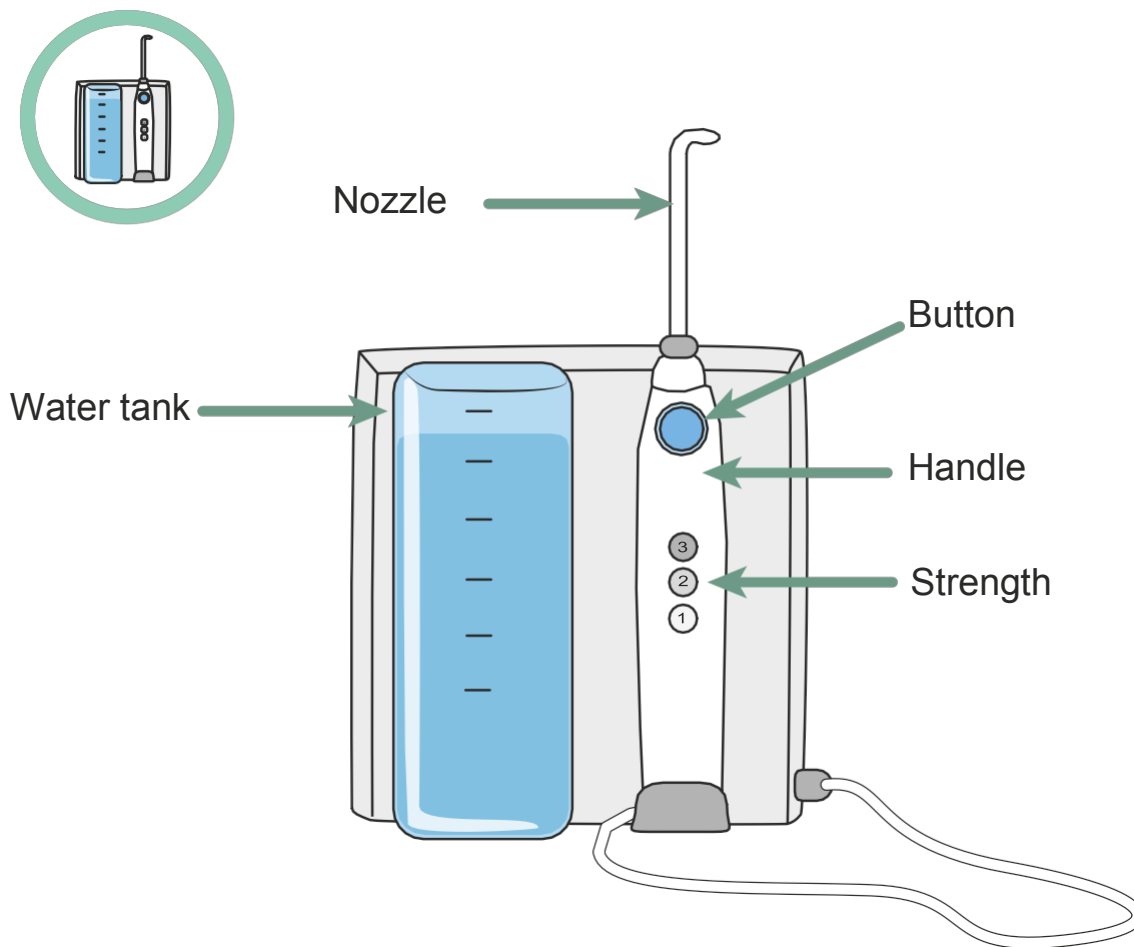
- I put the product into my mouth, then I rinse and spit it out.

I must not swallow the mouthwash.



## The water jet

- I use a machine that sprays water.



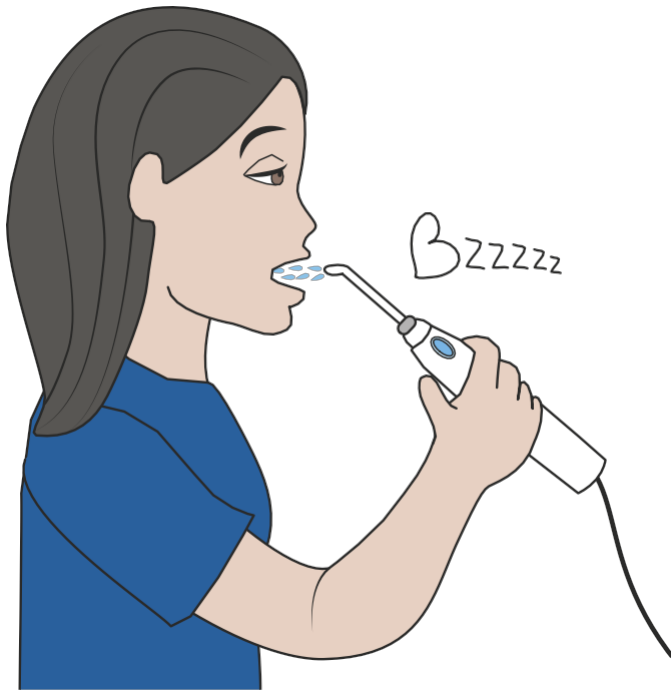
- I fill the tank with water  
Not too cold, not too hot.



- I put the nozzle onto the handle.



- **The machine squirts water.**  
It makes a noise and it tickles!

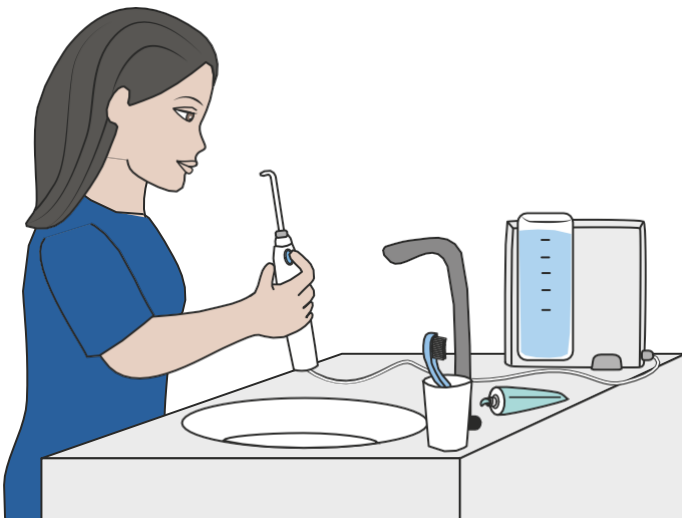


- **I keep my mouth open.**  
I do not swallow the water,  
it falls into the sink.

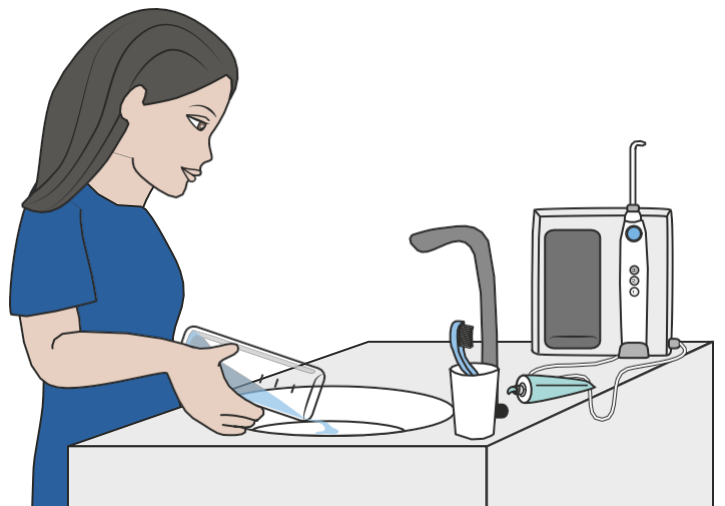


Any small bits of food fall into the sink.

- **I press the button to switch it off.**



- **I empty the water tank.**



**This factsheet was produced in partnership with**  
The French Union for Oral and Dental Care (UFSBD) and the SOSS network  
which promotes access to oral and dental care for people with disabilities.



**It was created with financial support from our partners:**

**FONDATION HANDICAP**



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**Foundation**





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SantéBD booklets are produced in partnership with different participants from the world of healthcare and working with disabilities. Illustrations by Frédérique Mercier.

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## The creation of this tool was made possible with the support of:

FONDATION HANDICAP  
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