

Taking Care Of Your Teeth: Modified And Bass Brushing Techniques

Brushing your teeth is a very crucial part of the everyday routine. For a healthy and clean mouth, it is important to practice the right techniques of brushing. The most important thing besides regular dental checkups is to brush and clean your teeth the right recommended way in order to ensure long-term dental health and care.



Most mouth issues are caused by plaque leading to cavities, bad breath, and periodontal diseases. The first and the most important step towards preventing any such dental issues are through proper brushing and floss.

For a healthy cavity-free mouth, the American Dental Association recommends;

- Brushing teeth at least twice a day using a soft-bristled brush. The size of the brush must allow you to reach all the areas of the mouth conveniently.
- Replacing toothbrushes every 4-5 months is a good practice to maintain healthy teeth and gums.
- Make sure to use ADA specified toothbrush and fluoride toothpaste.

1. The Bass Brushing Technique or Sulcus Cleaning method

Bass technique tooth brushing method is the most widely recommended and the most effective brushing method for the removal of dental plaque underneath the gingival line.

It is most adaptable for open interproximal areas; cervical areas beneath the height of the contouring enamel; exposed root surfaces and so forth.



Bass technique brushing is recommended to patients having no-periodontal involvements. The bristles are placed at a 45° angle to the gingiva and moved in gentle circular motions.

- Strokes are repeated around 20 times in a line.
- On the lingual aspect of the anterior of the teeth, the brush is inserted vertically and the heel of the brush is pressed at an angle of 45°.
- Occlusal areas are cleaned by pressing the bristles firmly against the pit and fissures.

The only demerit associated with the bass technique brushing is that the overzealous brushing may convert very short strokes into the scrub brushing and cause injury to the gingival margin.

Advantages of Bass Brushing Technique:

- Effective in removing plaque.
- It provides a good gingival solution.
- Easy to learn and implement.

2. Modified Bass Brushing Technique

This approach varies from the bass technique in that it has a comprehensive sweeping motion from cervical to the incisal or occlusal surface.

- As a routine oral hygiene measure.
- Intrasulcular cleansing.

Advantages of the Modified Bass Technique:

- Superior sulcus cleaning.
- Interproximal and Gingival cleaning.
- Gingival stimulation.

This technique combines the vibratory and circular inclinations of the Bass technique with the sweeping motion of the rolling technique. The toothbrush is held at 45° to the gingiva.

- Bristles are smoothly waved by rolling the brush handle in a back and forth motion.
- The bristles are then swept over the surface of the teeth towards their occlusal sides in a particular sweeping motion.

As with toothpaste, your preference of mouthwashes will be managed by individual dental care demands. Ask your dental hygienist to suggest the type of mouthwash which is the best for your dental care needs. If you necessitate avoiding liquor content, read component labels thoroughly. Anyhow, the dentist might guide a stronger fluoride or antibacterial mouthwash.

For further information about the correct methods of brushing or any other assistance; head over to Urbn Dental. We offer a wide variety of dental care solutions from general to preventive to restorative to cosmetic. So why wait? Get in touch with us now.