



Oral Hygiene in English: Brush, Floss, Rinse and Fluoride

76 words

ENGLISH	TRANSCRIPTION
toothbrush	'tu:θbrʌʃ
manual toothbrush	'mænjuəl 'tu:θbrʌʃ
electric toothbrush	i'lektrɪk 'tu:θbrʌʃ
sonic toothbrush	'sɒnɪk 'tu:θbrʌʃ
oscillating toothbrush	'ɒsɪleɪtɪŋ 'tu:θbrʌʃ
brush head	brʌʃ hed
bristle	'brɪsəl
soft bristles	sɒft 'brɪsəlz
medium bristles	'mi:diəm 'brɪsəlz
hard bristles	hɑ:d 'brɪsəlz
interdental brush	ˌɪntə'dentəl brʌʃ
single-tufted brush	'sɪŋɡəl 'tʌftɪd brʌʃ
denture brush	'dentʃə brʌʃ
toothpaste	'tu:θpeɪst
dentifrice	'dentɪfrɪs
fluoride toothpaste	'flʊərəɪd 'tu:θpeɪst
whitening toothpaste	'waɪtənɪŋ 'tu:θpeɪst
desensitizing toothpaste	di:'sensɪtaɪzɪŋ 'tu:θpeɪst
children's toothpaste	'tʃɪldrənz 'tu:θpeɪst
mouthwash	'maʊθwɒʃ
mouth rinse	maʊθ rɪns
antiseptic mouthwash	ˌæntɪ'septɪk 'maʊθwɒʃ
chlorhexidine mouthwash	ˌklɔ:'heksɪdɪ:n 'maʊθwɒʃ
fluoride mouthrinse	'flʊərəɪd 'maʊθrɪns

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alcohol-free mouthwash	'ælkəhɒl fri: 'maʊθwɒʃ
dental floss	'dentəl flɒs
waxed floss	wækst flɒs
unwaxed floss	ʌn'wækst flɒs
dental tape	'dentəl teɪp
floss pick	flɒs pɪk
floss holder	flɒs 'həʊldə
floss threader	flɒs 'θredə
superfloss	'su:pəflɒs
interdental cleaner	ˌɪntə'dentəl 'kli:nə
wooden interdental stick	'wʊdən ˌɪntə'dentəl stɪk
water flosser	'wɔ:tə 'flɒsə
oral irrigator	'ɔ:rəl 'ɪrɪɡeɪtə
tongue scraper	tʌŋ 'skreɪpə
tongue cleaner	tʌŋ 'kli:nə
denture cleaner	'dentʃə 'kli:nə
denture tablet	'dentʃə 'tæblət
denture adhesive	'dentʃə əd'hi:sɪv
disclosing tablet	dɪs'kləʊzɪŋ 'tæblət
disclosing solution	dɪs'kləʊzɪŋ sə'lu:ʃən
brushing	'brʌʃɪŋ
brushing technique	'brʌʃɪŋ tek'ni:k
Bass technique	bæs tek'ni:k
modified Bass technique	'mɒdɪfaɪd bæz tek'ni:k
circular motion	'sɜ:kjʊlə 'məʊʃən
flossing	'flɒsɪŋ
rinsing	'rɪnsɪŋ

ENGLISH	TRANSCRIPTION
brushing frequency	'brʌʃɪŋ 'fri:kwənsi
plaque control	plɑ:k kən'trəʊl
plaque removal	plɑ:k rɪ'mu:vəl
oral hygiene instruction	'ɔ:rəl 'haɪdʒi:n ɪn'strʌkʃən
oral hygiene routine	'ɔ:rəl 'haɪdʒi:n ru:'ti:n
fluoride	'flʊərəɪd
topical fluoride	'tɒpɪkəl 'flʊərəɪd
fluoride varnish	'flʊərəɪd 'vɑ:nɪʃ
fluoride gel	'flʊərəɪd dʒel
fluoride supplement	'flʊərəɪd 'sʌplɪmənt
sealant	'si:lənt
fissure sealant	'fɪʃə 'si:lənt
remineralization	ri:,mɪnərəlaɪ'zeɪʃən
xylitol	'zaɪlɪtəl
sugar-free gum	'ʃʊɡə fri: ɡʌm
sugar intake	'ʃʊɡər 'ɪnteɪk
acidic drinks	ə'sɪdɪk drɪŋks
dietary advice	'daɪətəri əd'vaɪs
smoking cessation	'sməʊkɪŋ se'seɪʃən
dental check-up	'dentəl 'tʃekʌp
recall interval	rɪ'kɔ:l 'ɪntəvəl
professional cleaning	prə'feʃənəl 'kli:nɪŋ
dental prophylaxis	'dentəl ,prɒfɪ'læksɪs
scale and polish	skeɪl ənd 'pɒlɪʃ
caries risk assessment	'keəri:z rɪsk ə'sesmənt

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14 phrases

ENGLISH

How often do you brush your teeth?

Twice a day, morning and night.

You are brushing too hard.

Hold the brush at an angle to the gum.

Do you use dental floss?

Try to floss once a day, before bed.

You are missing the back teeth when you brush.

Use a soft-bristled toothbrush.

Change your toothbrush every three months.

Spit out the toothpaste, but don't rinse.

An interdental brush works better than floss here.

Cut down on sugary drinks between meals.

Your brushing has improved since last time.

Let me show you the right technique.

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