

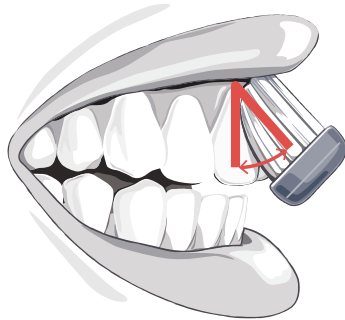


How to brush your teeth

Brush twice a day with a soft toothbrush and fluoride toothpaste.
Spit don't rinse.

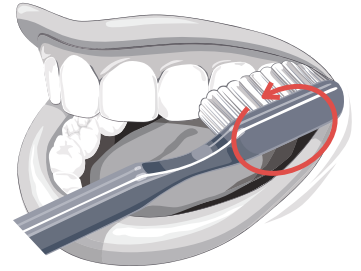
1 Correct angle

Start by holding the toothbrush sideways at a 45 degree angle where the gums and teeth meet.



2 Correct action

Make sure the bristles touch both the tooth and gumline. Use gentle circular motions to brush all the surfaces of each tooth.



3 Outer surfaces

Spend about 10 seconds on each tooth before moving to the next. Repeat until all upper and lower teeth are clean.



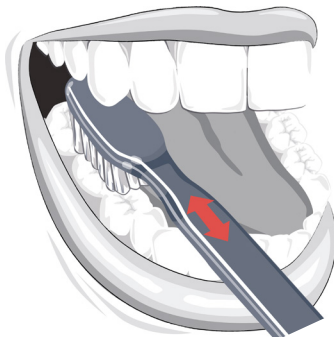
4 Inner surfaces

Continue to use circular motions to brush inner surfaces of upper and lower teeth.



5 Biting surfaces

Use back and forth strokes to clean the upper and lower teeth.



6 Brush tongue


Brush from back to front to remove plaque, which can cause bad breath.




For further information please discuss with your dental practitioner.

Would you like more information or to provide feedback?

This document can be made available in alternative formats such as braille, audio tape or electronically on request.

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