

# How to Brush Your Teeth



## 1 Apply toothpaste to toothbrush

Apply a pea-sized amount of toothpaste of fluoridated toothpaste on your soft-bristled toothbrush.



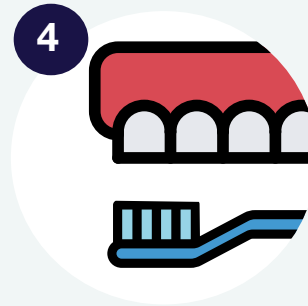
## 2 Brush at a 45 Degree Angle

Aim the toothbrush toward your gum line on a 45 degree angle.



## 3 Brush in a Circular Motion

Gently move the toothbrush in a circular motion.



## 4 Clean All Surfaces

Take care to brush inner, outer and chewing surfaces.



## 5 Brush Your Tongue

Use your toothbrush to gently scrape your tongue removing the bacteria on your tongue.



## 6 Brush for at Least Two Minutes

Brush for at least two minutes and do this morning and night.

# Teeth & Oral Care

✓ **Use a soft bristled toothbrush.** Soft-bristled toothbrushes are the most effective in removing plaque and bacteria from your teeth, without damaging your teeth and gums.

✓ **Use a fluoridated toothpaste.** Fluoride strengthens teeth, making them more resistant to sugar and acid, aiding in defence against decay.

✓ **Use the right technique.** Gently brush for 2 minutes at a 45 degree angle in circular motions.

✓ **Use an electric toothbrush.** Electric toothbrushes are a great option to clean your teeth with, especially if you have limited dexterity.

✓ **Use floss and/or a interdental brush to clean between your teeth,** preventing gum disease, tooth decay and bad breath.

✓ **Replace your toothbrush every 3 months,** whenever the bristle show signs of excessive wear and/or when you have had any illness (cold, flu or infection).

✗ **Do not rinse your mouth after brushing.** Spit out the toothpaste however do not rinse with water. The toothpaste left on your teeth gives your teeth extra ongoing protection.

✗ **Do not use a hard-bristled toothbrush.** Hard-bristled toothbrushes can damage gums and wear down your tooth enamel.