

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.



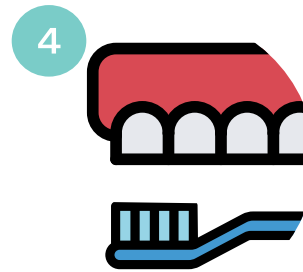
2 Brush at a 45 Degree Angle

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.