**HOW TO BRUSH**

- Place the toothbrush at a 45-degree angle to the gums.
- Move the brush back and forth gently in short strokes.
- Brush the outer surfaces, the inside surfaces and the chewing surfaces of all teeth.
- To clean the inside surface of the front teeth, tilt the brush vertically and make several up-and-down strokes.
- Brush your tongue to remove bacteria and keep your breath fresh.

*Brush twice a day for at least 2 minutes*
*Use a soft Bristled Toothbrush and a fluoride Toothpaste*
For more info visit: [www.mouthhealthy.org/en/az-topics/b/brushing-your-teeth](http://www.mouthhealthy.org/en/az-topics/b/brushing-your-teeth)