

# 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)