

How to brush

Be sure to brush all surfaces: top and bottom, left and right, front and back.

Brush in the morning and at night before going to bed.



STOP: When you have finished brushing, spit out the toothpaste, but don't rinse your mouth with water.



Use a pea-sized amount of fluoride toothpaste on a soft toothbrush.



Brush on the outside of the teeth using a circular motion. Start on one side and go all the way to the other side of the mouth.



Brush on the inside surface of every tooth making sure that you clean down to the gums.



Gently brush the surfaces of the top and bottom teeth. Start on one side and follow all the way to the other side of the mouth.