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PROPER BRUSHING

Proper brushing is essential for cleaning teeth and gums effectively. Use a toothbrush with soft, nylon, round-ended bristles that will not scratch and irritate teeth or damage gums. Remember to replace your toothbrush every 3-4 months, or after an illness.

- 1** Hold bristles at a 45-degree angle, in contact with tooth surface and gumline.
- 2** Gently brush outer surface of 2-3 teeth with a back and forth, small circular motion. Move to next group of 2-3 teeth and repeat.
- 3** Repeat on inner surfaces of teeth, maintaining contact with tooth surfaces and gumline.
- 4** Tilt brush vertically behind front teeth (top then bottom) and make several up and down strokes to brush each individual tooth.
- 5** Place brush against biting surface and gently brush back and forth. Brush tongue from back to front.