

Tips for Teeth Brushing!



- Always remember to brush your teeth with a soft bristle brush!
- Never scrub your teeth! This could damage your gums!
- Angle your toothbrush toward your gums!
- Brush your teeth, tongue, and gums!
- Gently make small circles, rotate the brush – brush fronts, backs, sides and tops of all your teeth!

- Change your toothbrush every 3 months!
- Brush at least 2 times a day – in the morning and at night!
- Use only a pea sized amount of toothpaste!
- Brush for at least two minutes – don't forget to time yourself, it is longer than you think!
- Make sure your toothpaste has fluoride!



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