



Brushing Method

1. Place the bristles of the toothbrush where the gums and teeth meet. Gently brush in small circles, and then sweep away from the gum. Repeat method to all outside (cheek side) surfaces.



2. Brush the inside (tongue side) surfaces using the same method.



3. To clean the inside surface of the front teeth, tilt the toothbrush vertically and sweep away from the gum.



4. Scrub the top (chewing) surfaces back and forth.
5. Brush your tongue gently from back to front.



Images courtesy of Sunstar Americas, Inc.

Helpful suggestions

- Use a small, soft bristled toothbrush to easily move around your mouth
- Use no more than a pea size amount of fluoridated toothpaste
- Brush twice a day (in the morning and before bedtime)
- Gently brush for 2 to 3 minutes, no hard scrubbing
- Rinse toothbrush after use and let air-dry
- Change toothbrush every 3 months. Replace it sooner if you are sick or if bristles are worn
- Floss once a day
- Visit your dentist or hygienist regularly