

HOW TO BRUSH YOUR TEETH



1. Place the toothbrush along the gumline at a 45° angle. Gently brush the surface of each tooth using a short, gentle vibrating action.
2. Brush the outer surfaces of 2-3 teeth using a vibrating, back-and-forth motion and a rolling motion. Repeat the brushing motion for the next group of 2-3 teeth. Repeat the same on the inner surfaces as well.
3. Clean the inside surfaces of the front teeth, tilt the brush vertically, and use the front of the brush to make several gentle up-down strokes.
4. Scrub the chewing surfaces of the teeth using a short back-and-forth movement.
5. Brushing the tongue will remove bacteria and freshen your breath.

Use a small toothbrush with soft bristles and toothpaste with the right amount of fluoride: Look at the back of the toothpaste tube and ensure the fluoride content is 1,000 parts per million.

We generally recommend a rice-sized amount of toothpaste for children under three years and a pea-sized amount for children over three years.



3 years <



3 years >

