

Steps:

1. Print
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3. Follow Directions



How to Brush your Teeth





5 STEPS TO TAKE CARE OF YOUR TEETH AND GUMS

- + Brush
- + Floss
- + Eat Right
- + Visit the Dentist
- + Rinsing



BRUSH YOUR TEETH TWICE DAILY

What You Will Need:

			
Toothbrush	Toothpaste	Dental Floss	Mouth Wash



Place Brush at 45° Angle, Aiming Bristles into the Margin Between the Teeth and the Gums.



Place the brush at an angle on the outer gumline with the bristles facing towards the gums. Wiggle back and forth, repeat for each tooth.



Brush the chewing surfaces of the teeth using a backward and forward motion..



Brush the inside of each tooth using the same wiggling technique as above. .