



SMILE!

Remember when you brush...

1 Use a toothbrush with a small head and medium bristles

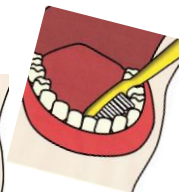
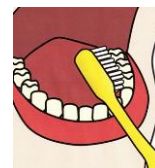
2 Brush each tooth surface for 3 seconds – front and back and biting surfaces



3 Use small strokes and make sure your bristles cross over to your gums

4 For inside lower teeth, tilt the toothbrush in different directions to reach the bottom of the teeth

5 It should take at least 2 minutes to brush all your teeth



For electric toothbrushes with a small oscillating head there is no need to scrub with it. It does the work for you!