

How to

Brush Your Teeth

2 times a day



Morning

After breakfast



Night

Before bed time



Brush for
2 minutes



Hold your toothbrush
At a 45° angle



Use a
Soft toothbrush



Gently
Brush in circles

Use only a

small amount of toothpaste

About the size of a pea



Brush thoroughly

Clean all surfaces

1. Outside of teeth
2. Inside of teeth
3. Chewing surfaces
4. Gumline
5. Tongue

