

Show your teeth you care! Pick up that toothbrush twice a day to fight tooth decay and gum disease!

# brushing

KNOW - HOW

*The following is just one of several effective ways to clean your teeth:*



- 1 Place the toothbrush at a 45-degree angle against the gums.



- 2 Move the brush back and forth gently in short (tooth-wide) strokes.



- 3 Brush the inner, outer and chewing surfaces of the teeth.



- 4 Use the "toe" (the top part) to clean the inside surface of the front teeth. Use a gentle up-and-down motion.



- 5 Brush your tongue to remove bacteria and freshen your breath.