


YOUR ORAL HEALTH



HOW TO BRUSH YOUR TEETH

Good oral hygiene habits can make your teeth last a lifetime.

Brush your teeth and gums gently with toothpaste and a soft-bristled toothbrush twice a day. Hard bristles can damage your tooth enamel and irritate your gums.



1 Place the toothbrush at a 45-degree angle to the gums. Move the brush back and forth gently in short strokes.

2 Brush the outer surfaces, the inside surfaces and the chewing surfaces of all teeth.

3 To clean the inside surface of the front teeth, tilt the brush vertically and make several up-and-down strokes.

4 Brush your tongue to remove bacteria and keep your breath fresh.

Brush your teeth every morning and every night.

Visit your dentist at least once a year for a dental check-up and preventative care.

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