

YOUR ORAL HEALTH

MAKE YOUR TEETH LAST A LIFETIME



Daily brushing: Your first step to oral health

Taking care of your teeth helps prevent cavities and gums disease.

-  Brush your teeth with fluoride toothpaste for two minutes, every morning and every night.
-  Use a small to medium-sized soft-bristled toothbrush.
-  After brushing your teeth at night, do not eat or drink anything other than water before you go to bed.

How to brush your teeth



Place the toothbrush at a 45° angle to the gums. Brush your teeth gently in a circular motion.



Brush the outer surfaces, the inside surfaces & the chewing surfaces of all teeth.



To clean the inside surface of the front teeth, tilt the brush vertically & use a broom sweeping motion to make several up-and-down strokes.



Brush your tongue to remove bacteria & keep your breath fresh. Alternatively, you can scrape your tongue with a tongue brush.