



# How to Brush Your Teeth

A beautiful smile and a healthy mouth are the result of proper teeth brushing. Brush your teeth for two minutes, twice a day, and floss once a day.



## Steps to proper teeth brushing:

- Place a toothbrush with soft bristles on your teeth at a 45-degree angle toward your gums.
- Move the brush in a circular motion on your teeth.
- Use gentle but firm pressure on the toothbrush.
- Brush the outer, inner, and chewing surfaces of all the teeth.
- To clean the inner surface of the front teeth, turn your toothbrush upside down and brush up and down.
- Remember to brush your tongue to remove accumulated bacteria.
- Use a fluoride toothpaste every time you brush your teeth.
- Replace your toothbrush when the bristles are visibly worn, or about every four months.

