

Brushing teeth

- Put the toothbrush on an angle to your teeth
- Firmly move the brush in a small but wide circular strokes
- Brush the front of your teeth and the gum beneath,
- Place the brush on the top of your teeth and make sure they reach everywhere
- To clean the inside surfaces of the front teeth, tilt the brush and make several up-and-down motions to ensure you get all of the tooth and where it meets the gum