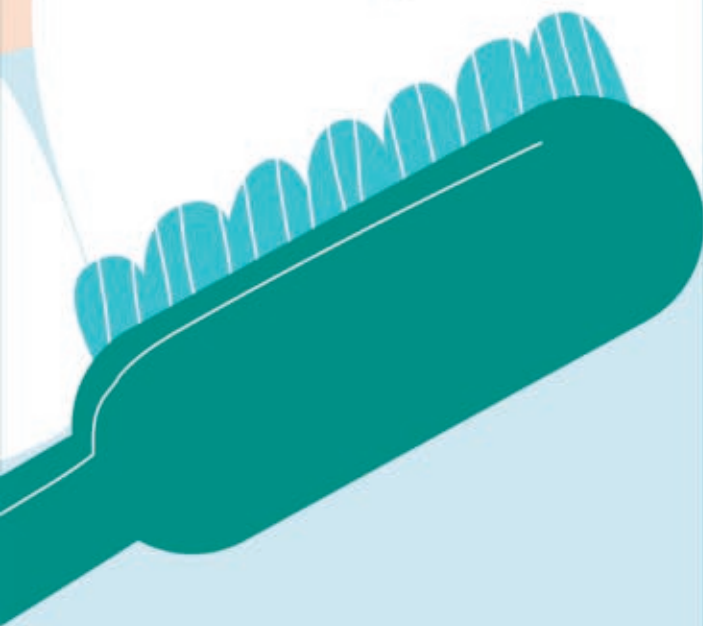
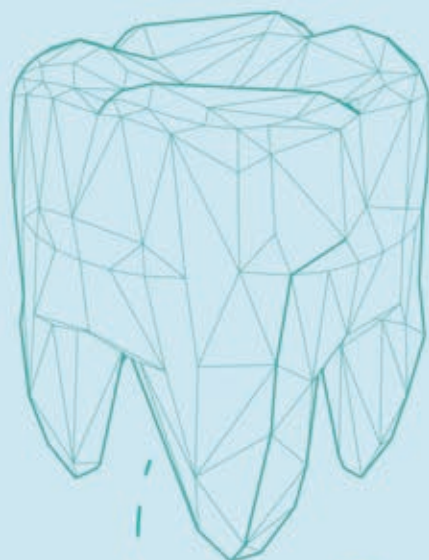


WHITELINE  
Clínica dental

## CORRECT BRUSHING TECHNIQUE



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1

Place the toothbrush at  
an **angle of 45°**.



2

Then, with the  
toothbrush at 45°  
start brushing your  
teeth from top to bottom.



3

After this, and keeping the brush at a 45 ° angle, brush the teeth from bottom to top.



4

Once the brushing of the front of the teeth is finished, it is necessary to brush the inner part of the teeth from back to front.



5

Finally, the molars are brushed in a circular fashion.



6

It is very important to remember that it is necessary to brush the tongue in the same way to remove everything that accumulates on it.



## RECOMMENDATIONS

- Use dental floss and mouthwash at least once in the morning and once at night as they are an excellent addition to maintain proper oral hygiene.
- Try to avoid overeating foods rich in sugars.
- Go to the dentist at least twice a year for a dental cleaning and a check.
- Once you notice any discomfort in your mouth, go to the dentist as soon as possible for attention and a more favorable prognosis of the problem.