Alien Toothbrushing Procedure:

Prerequisites:

* Musculoskeletal carbon-based organisms anatomically and physiologically identical or similar (but to what extent, as a quantifiable figure) to humans (use of upper and lower limbs as humans do and to rule out toxicity to water and toothpaste)
* A musculoskeletal multi-fingered appendage (hands) at the end of each upper limbs to provide dexterity and strength to hold and operate manual or electric toothbrush and hold toothpaste tube, unscrew off/screw on lid of the toothpaste tube and squeeze the toothpaste tube
* Presentation of fixed teeth within the oral cavity in soft tissue (gums)
* Size and number of teeth anatomically identical to humans
* To be able to read and comprehend an earth native language
* Understand the dynamics and space of a bathroom where toothbrushing occurs

1. Walk into the bathroom and walk to the bathroom cupboard.
2. Using the left hand, grip the left cupboard door handle and open the bathroom cupboard door 90 degrees clockwise and visually locate toothbrushing supplies (TB&TP).
3. Ungrip left hand from door handle and remove it. Using the left hand, move it and position it so that its directly placed over the TB&TP.
4. Extend this hand so that it can grab and grip TB&TP together. Then hold and lift the TB&TP out of the cupboard.
5. With TB&TP now in the left hand, move the hand and position this hand 5cm above the flat surface of the sink and 10cm to the left of the bathroom tap.
6. Ungrip hand and release TB&TP so that it falls on this flat surface.
7. Ungrip hand from and door handle and move left hand back down so that its placed directly ontop of the TB&TP.
8. Move the right hand to the sink tap, grip the tap and twist the bathroom tap 90 degrees clockwise for hot water.
9. Visually observe for constant water supply and ungrip right hand from the tap.
10. Place the right hand to the right of the left hand so that is also directly top of the TB&TP.
11. Using the left hand, grab, grip and hold the toothpaste tube upright so that the TP lid is facing the ceiling. Position hand in front of you at chest height at a comfortable position.
12. Lift your right hand and using your fingers, turn the TP lid anticlockwise and unscrew lid completely off the toothpaste tube.
13. Move your right hand to flat surface where TB is located (1cm above the flat surface of the sink and 10cm to the left of the bathroom tap) and release lid from fingers.
14. Using the right hand, grab, grip and hold the TB in a position where its parallel to the floor and the bristles are facing up towards the ceiling. Position hand in front of you at chest height at a comfortable position at a close distance to the TP tube.
15. Move the left hand towards the TB bristles so that the TP opening is directly above the bristles.
16. Apply gentle pressure to the TP tube and apply TP to the surface of the bristles.
17. Put the TP tube back onto the sink flat surface
18. Put TB into mouth TP side touching teeth and apply gentle pressure with circular motions so that all the surface of the teeth and gum line are cleaned.
19. Repeat this motion for all teeth for a maximum of 120 seconds
20. Remove TB from mouth and spit out contents into sink
21. Using your free hand, grip and open the tap and wash TB and contents in the sink. Once clear close the tap.
22. Return washed TB and TP to the cupboard.
23. Once left hand is free, lift and place on the open cupboard door handle door. Grip hand around the handle and close it shut back to its starting position.