

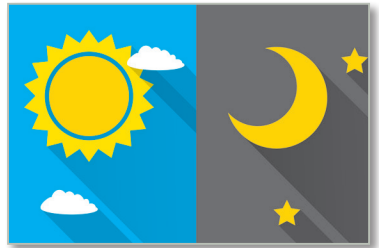
Brushing your teeth

1



Use a small soft toothbrush and a pea sized amount of fluoride toothpaste

2



Brush teeth and gums morning and night

3



Brush where the tooth meets the gum

4



Start with the outside surfaces

5



Then brush the inside surfaces

6



Next, brush the chewing surfaces

7



Brush behind the teeth – top and bottom

8



Remember to brush your tongue to help freshen your breath. Spit, don't rinse