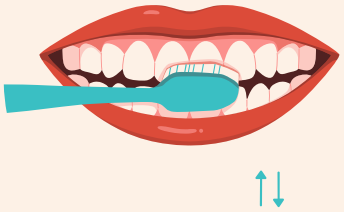
HOW TO BRUSH YOUR TEETH PROPERLY

Use a **soft-bristled** toothbrush.

Apply toothpaste: a **pea-sized** amount is enough



Brush at a **45° angle** to your gums

Brush **all surfaces** of your teeth - outer, inner and chewing surfaces

Brush gently for **2 minutes**

Brush your **tongue** to remove bacteria

Rinse your mouth after brushing

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TIPS

- Brush **twice** a day (morning & night)
- Replace your toothbrush **every 3 months** or when bristles are worn
- Use **fluoride toothpaste** for stronger teeth