

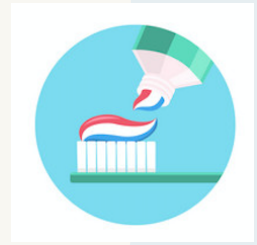
How to Brush Your Teeth

Brush your teeth 2x a day for 2 minutes each.

01

Apply toothpaste to your toothbrush.

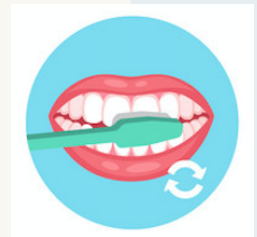
Use a pea-sized amount of toothpaste.



02

Brush the outside surfaces.

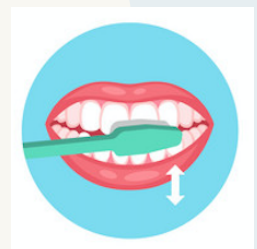
Brush the outside surface of all upper and lower teeth in a circular motion.



03

Brush the outside surfaces.

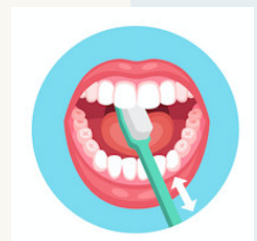
Brush the outside surface of all upper and lower teeth in an up and down motion.



04

Brush the inside surfaces.

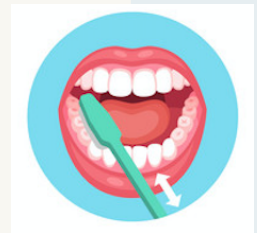
Brush the inner surface of all the upper and lower teeth.



05

Brush the chewing surfaces.

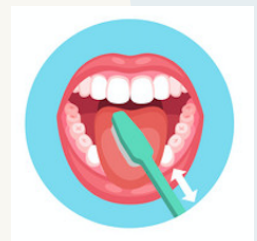
Brush the chewing surfaces of all upper and lower teeth in a back and forth motion.



06

Brush the tongue.

Brush the surface of the tongue in a back and forth motion.



07

Rinse Your Mouth.

Rinse out your mouth using water. You can also use mouthwash for additional cleaning.

