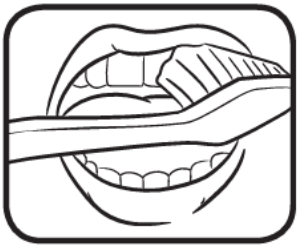


How to brush your teeth

ADA recommendations:

- Brush your teeth twice a day with a soft-bristled brush
- Use a pea-sized amount of fluoridated toothpaste
- Replace your toothbrush every three to four months or when the bristles are frayed

1



Place the toothbrush bristles at a 45-degree angle to the gums.

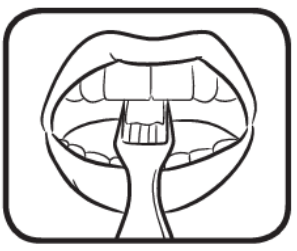
2



Move the brush back and forth gently in short strokes.

Brush all teeth' outer surfaces, insides, and chewing surfaces.

3



To clean the inside of the front teeth, tilt the brush vertically and make several up-and-down strokes.

4



Brush your tongue to remove bacteria and keep your breath fresh.

Reference: [American Dental Association Toothbrushes](#)