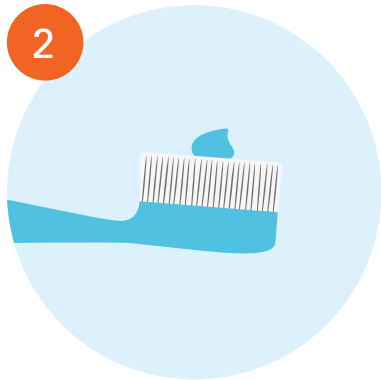


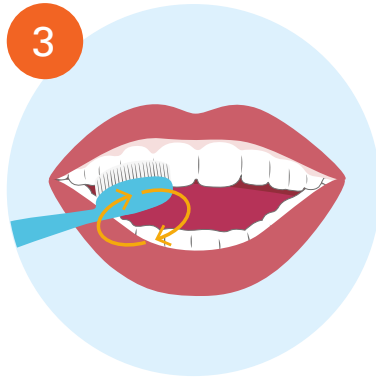
How to brush



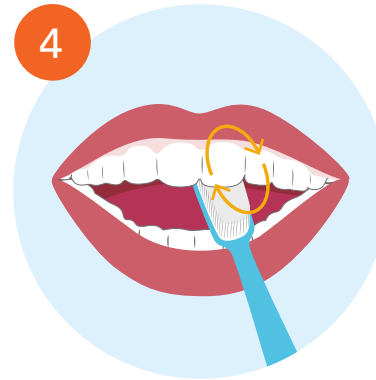
1 Brush in the morning and at night before going to bed.



2 Use a pea-sized amount of fluoride toothpaste on a soft toothbrush.



3 Brush teeth and along the gum using a gentle circular motion. Start with the outside surfaces.



4 Repeat on the inside surfaces.



5 Use a light back and forth motion on the chewing surfaces. Spit out toothpaste, but don't rinse with water.



Be sure to brush all surfaces: top and bottom, left and right, front and back.

For more information on keeping mouths healthy

www.dhsv.org.au

