

Answer the Call!

Know How To Brush



1

Outside

Place brush at angle along outer gumline. Wiggle gently back and forth. Repeat for each tooth.



2

Inside

Brush inside surface of each tooth, using wiggling technique in Step 1.



3

Way in the back

Brush the chewing surface of each tooth.



4

Behind Front Teeth

Use tip of toothbrush to brush behind each front tooth, both top and bottom.



5

Tongue

Don't forget to brush your tongue.

Oral Health Hero Tips

- Brush at least twice a day with fluoride toothpaste!
- Remember to brush all top and bottom teeth!
- Remember to turn off the water while brushing!
- Once teeth are touching, floss once a day to remove plaque!

