

YOUR GUIDE TO EFFECTIVE TOOTHBRUSHING

MANUAL BRUSHING GUIDE:



When selecting a toothbrush, look for one with a small head and a handle that's comfortable to grip. Dentists recommend you should replace your toothbrush every three months.



Be sure to brush thoroughly with a fluoride toothpaste for at least two minutes twice a day, more often if your dentist recommends it.



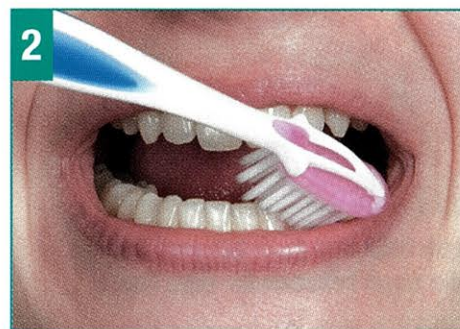
Brushing removes plaque and food particles from the inner, outer and biting surfaces of your teeth.



Be gentle – rough brushing and worn toothbrushes can damage tooth enamel.



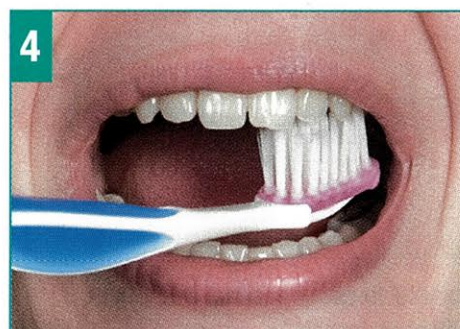
1 Brush at an angle to the gums – brush in circular or elliptical fashion. When brushing, point the bristles of the brush towards the gum line at a 45 degree angle. Pay special attention to the area where the teeth meet your gums.



2 Brush the outer surface of each tooth, upper and lower, keeping the bristles angled towards the gum line.



3 Use the same method on the inside surfaces of all your teeth. To clean the inside surfaces of the front teeth, tilt the brush vertically and make several small circular strokes with the front part of the brush.



4 Brush the chewing surfaces of the teeth.

YOUR GUIDE TO INTERDENTAL CLEANING

INTERDENTAL BRUSHING GUIDE:



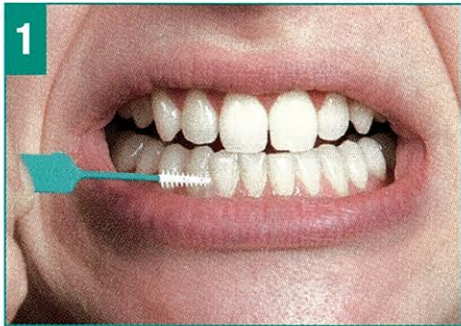
Interdental brushes are similar to dental floss or tape, and are an effective way of cleaning between your teeth.



Interdental brushes remove plaque and food particles from between your teeth and under the gum line, areas a toothbrush can't reach.



You should clean between your teeth at least once a day.

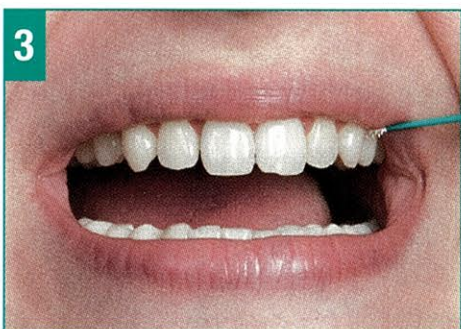


Gently move the brush back and forth between teeth to remove plaque and clean between the gum line.

Do not jerk the brushes or stab the brushes into the gums. The tapered stem is designed to fit a range of interdental spaces, however do not force into very tight gaps.



When using the interdental brushes, keep to a regular pattern. Start at the top and work from left to right, then move to the bottom and again work from the left to right.



It is also very important to clean around the edges of any crowns, bridges or implants.

YOU SHOULD MENTION ANY OF THE FOLLOWING TO YOUR DENTIST OR HYGIENIST:

- Bleeding gums when brushing
- Bleeding gums when eating
- Sore gums
- Receding gums or teeth appearing to look longer