HOW TO BRUSH YOUR TEETH

You should brush your teeth thoroughly at least twice a day to remove plaque and to prevent tooth decay. Follow the steps below for proper brushing. Contact your doctor if you have any questions.

1. Place your toothbrush at a 45 degree angle to your gum.

2. Brush gently in a circular motion.

3. Brush the outer, inner, and chewing surfaces of each tooth.

4. Use the tip of your brush for the inner surface of your front teeth.

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