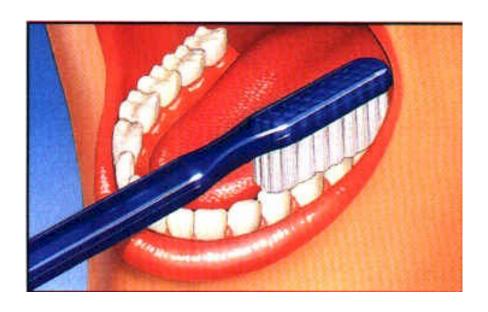
BRUSHING

Ask a dental professional how to brush







- Always use a **SOFT** toothbrush
- Place toothbrush at a 45 **DEGREE ANGLE**
- Brush in the **SAME PATTERN** each time
- Use a **GENTLE**, **CIRCULAR** motion
- Brush the **OUTSIDE**, **INSIDE AND BITING SURFACES** of all your teeth
- Remember to brush your **TONGUE**
- Brush for **2 minutes**