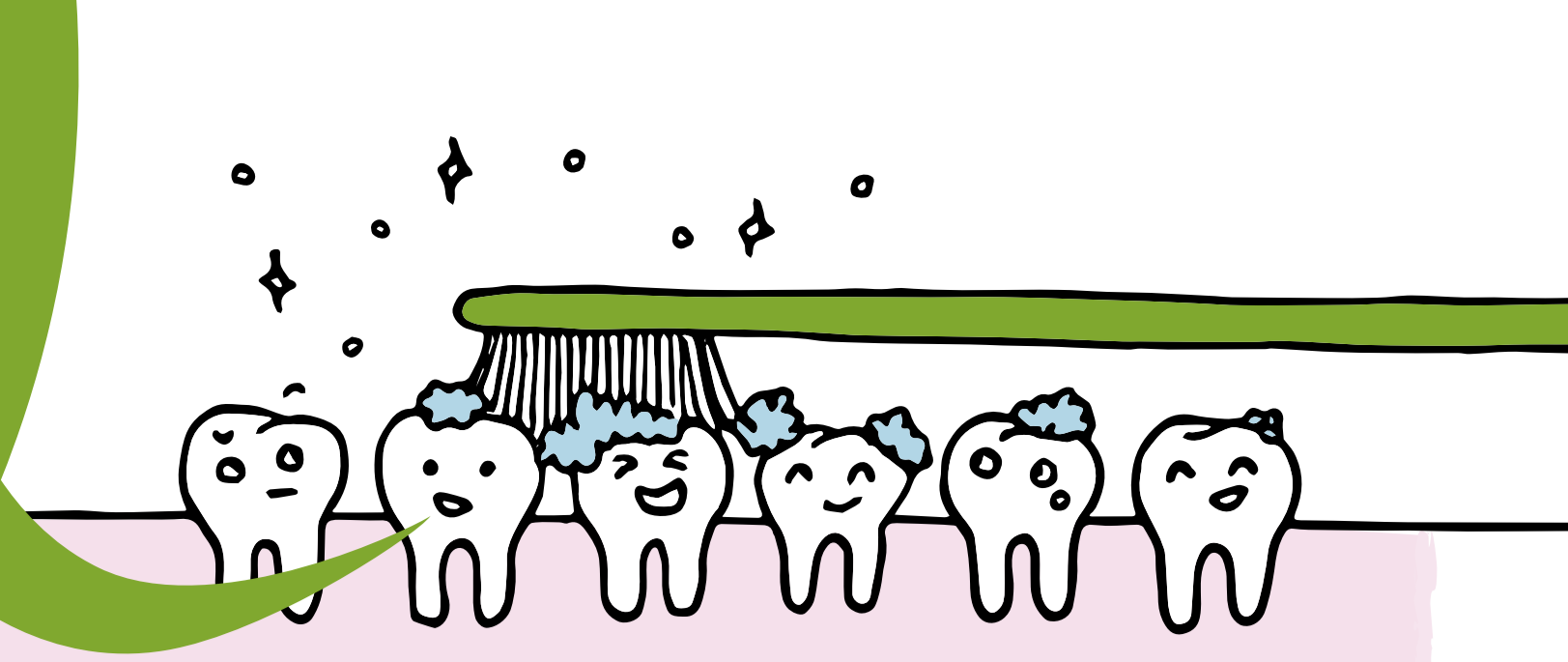


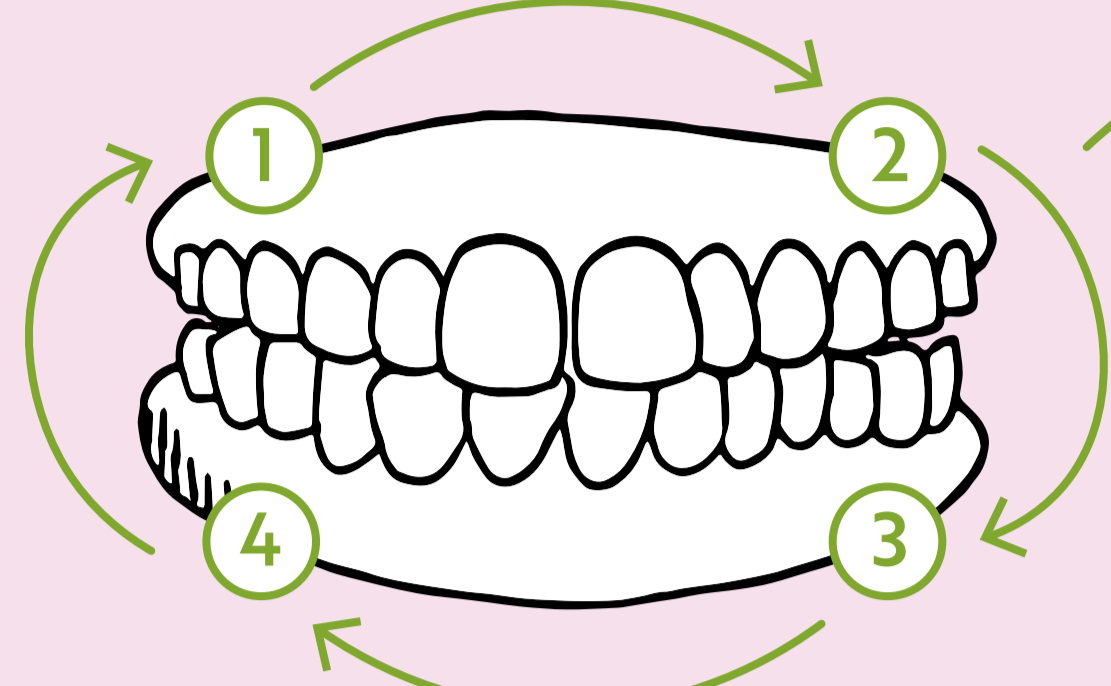
7 steps to brushing your teeth



1 Start with a small amount of toothpaste on the brush

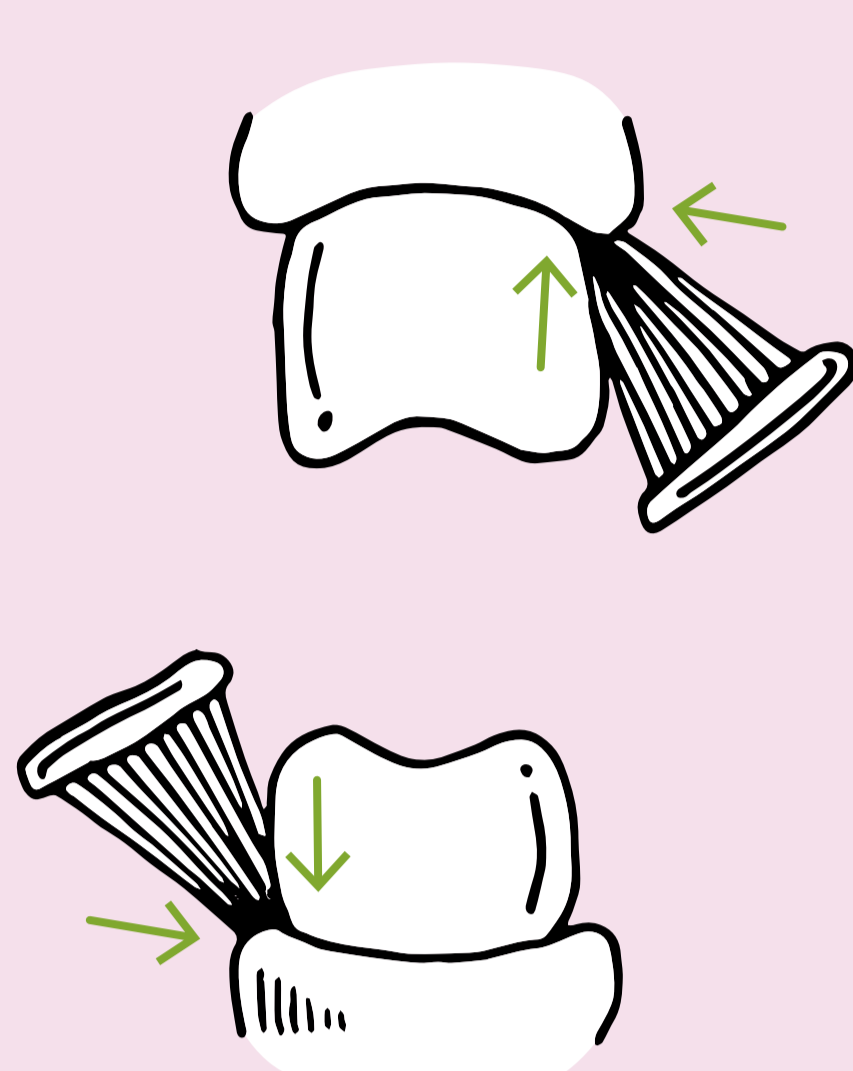


2 You need to get to every surface, so think of a circuit that covers all the teeth, maybe 1-2-3-4.

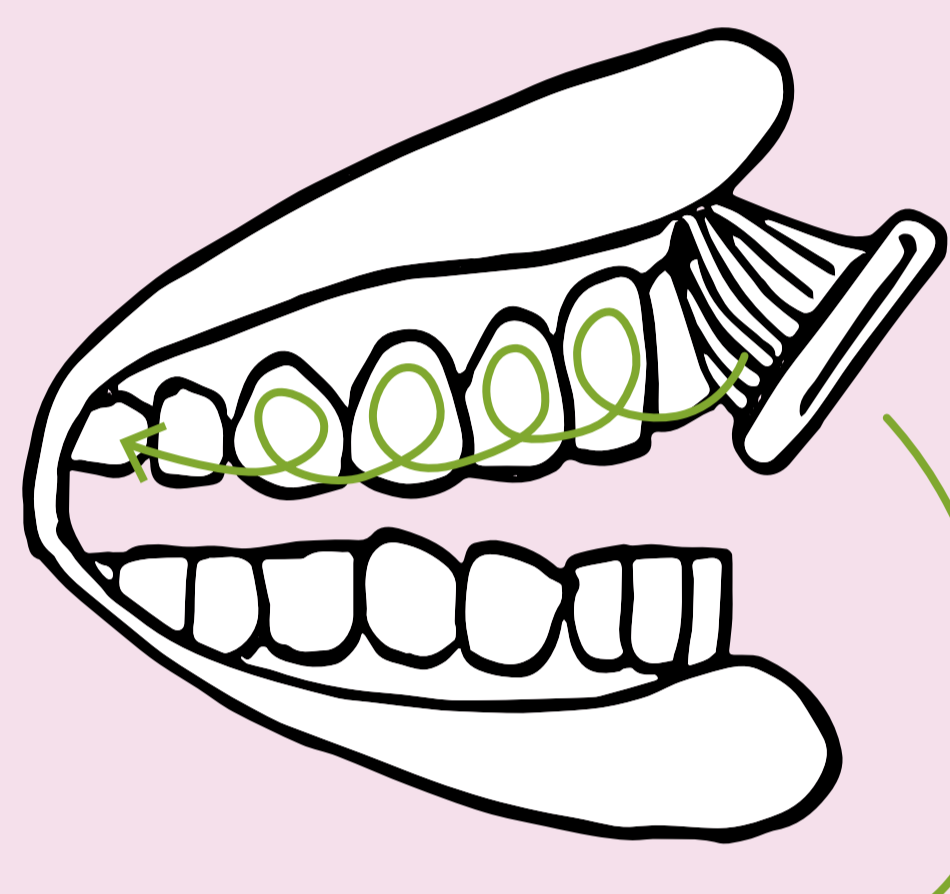


The start of the circuit could be at the very back of the mouth on the right side (sometimes reaching right to the back is easier if you close your mouth slightly)

3 Brush where your gums meet your teeth (gum margin) aiming the bristles of the brush up in to the groove between the gum and the tooth.



4 Now use little gentle scrubbing movements back and forth. If you have an electric toothbrush let that do the movement.



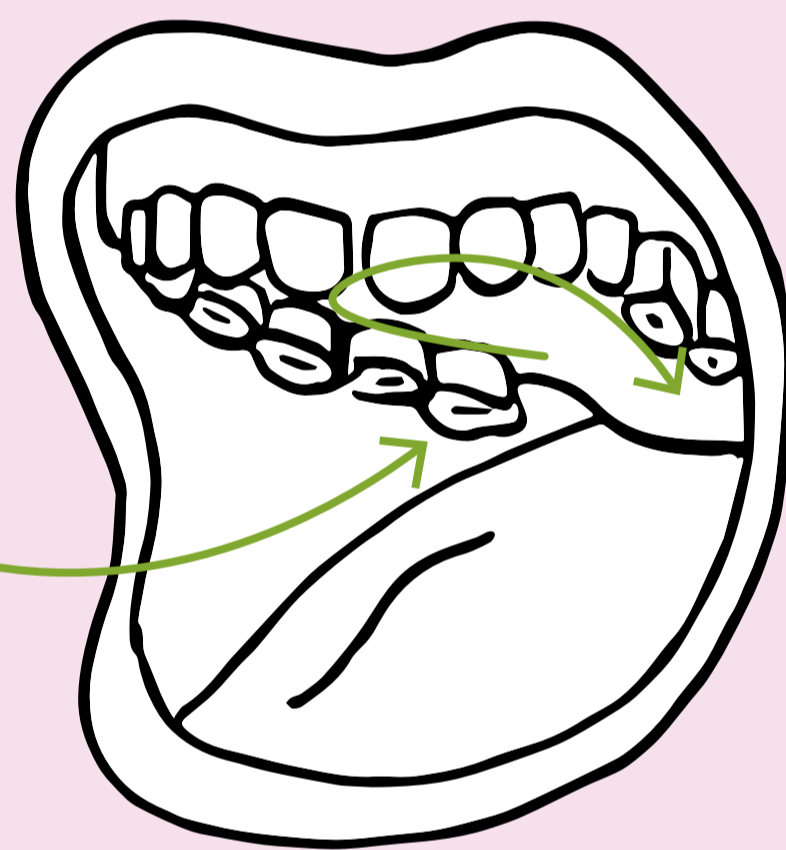
Move slowly around the circuit you thought of. Move from top right all the way around to top left right at the back not missing any teeth.

Then hop down to bottom left (right at the very back) and trace all the way around to bottom right.

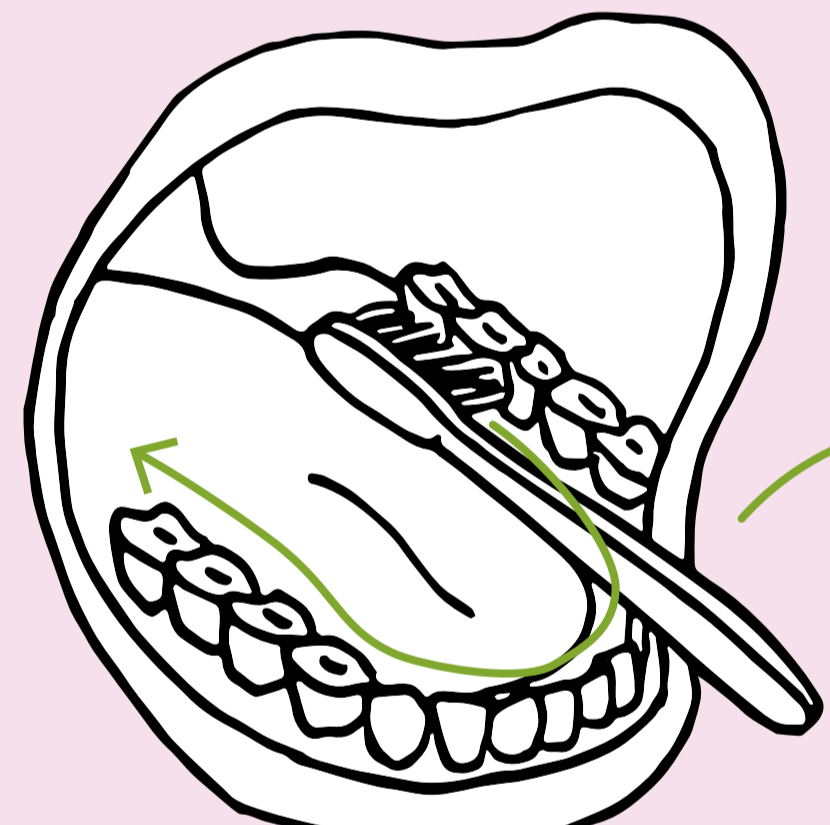
That should take at least a minute, 30 seconds 'cheek side' top teeth and 30 seconds 'cheek side' of the bottom teeth.

5 Start the circuit again right at the back on the right side but this time brush the side of the tooth that the tongue touches.

Start again here



6 Then move to the bottom teeth on the left and finish the circuit round to the bottom right.



As before, this should take at least a minute, 30 seconds 'tongue side' top teeth and 30 seconds 'tongue side' of the bottom teeth.

7 That is it! 2 minutes!

If you want to go around and brush the biting surfaces of the teeth then you can but this is less important.



Spit out excess toothpaste as you go

Electric toothbrushes have timers at 30 second intervals to help timing how long to brush each section

Top Tips

Try not to rinse if you can help it

Check out these further advise sheets for how to clean inbetween your teeth

Electric toothbrushes do most of the movement for you so you can concentrate on where the brush is

'6 STEPS TO FLOSSING YOUR TEETH'



'7 STEPS TO INTERDENTAL BRUSHING'

