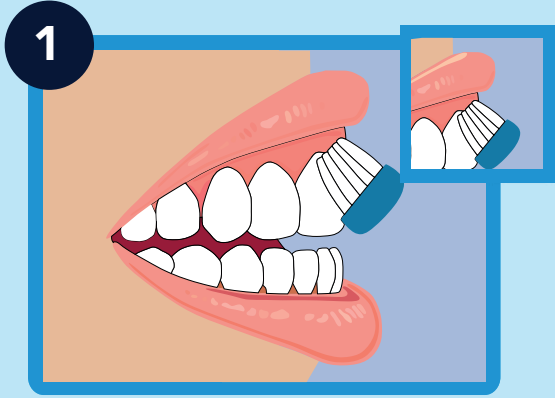


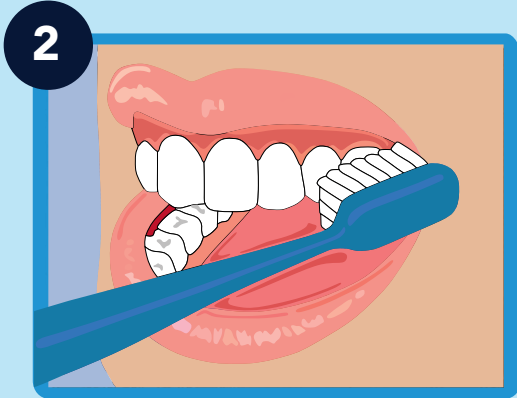
Technique of Brushing



1

Place bristles along the gumline at a 45° angle

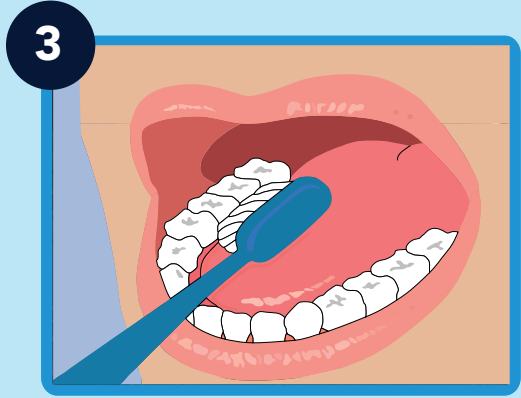
The bristles should be in contact both with the tooth surface and the gumline



2

Gently brush the outer tooth surfaces of 2-3 teeth using a vibrating back, forth & rolling motion

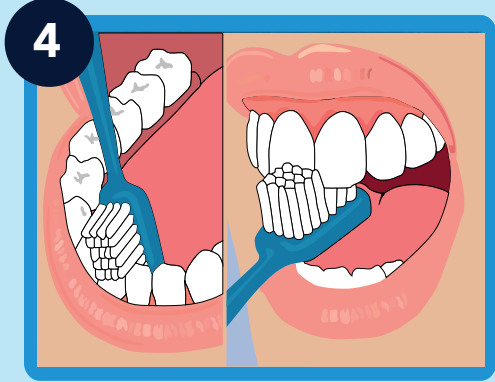
Move brush to the next group of 2-3 teeth and repeat



3

Maintain a 45° angle with bristles contacting the tooth surface and gumline

Gently brush using back, forth & rolling motion along all of the inner tooth surfaces



4

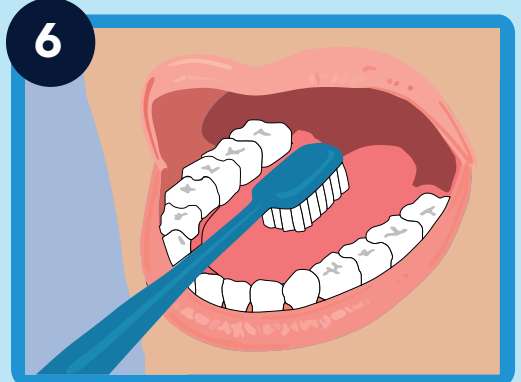
Tilt brush vertically behind the front teeth

Make several up & down strokes using the front half of the brush



5

Place the brush against the biting surface of the teeth & use a gentle back & forth scrubbing motion



6

Brush the tongue from back to front to remove bacteria