

clean

Start with top set of teeth, place brush at angle and brush gently back and forth. Repeat for each tooth, always start and finish at the same point so not to miss any.



**Brush
at least
twice a
day!**

After the outside of each tooth is done, brush the inside surface of each tooth in the same way.

Brush chewing surface of each tooth.

Use tip of the brush to brush behind the front teeth, top and bottom.

**Brush
for at
least 2
minutes!**

You can also brush your tongue to help keep your breath fresh!