

# 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.**



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

**Brush  
at least  
twice a  
day!**

**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!**