

Supplies:

- Soft toothbrush (manual or electric)
- Fluoride toothpaste
- Interdental (between teeth) brushes
- Dental floss
- Alcohol-free mouthwash

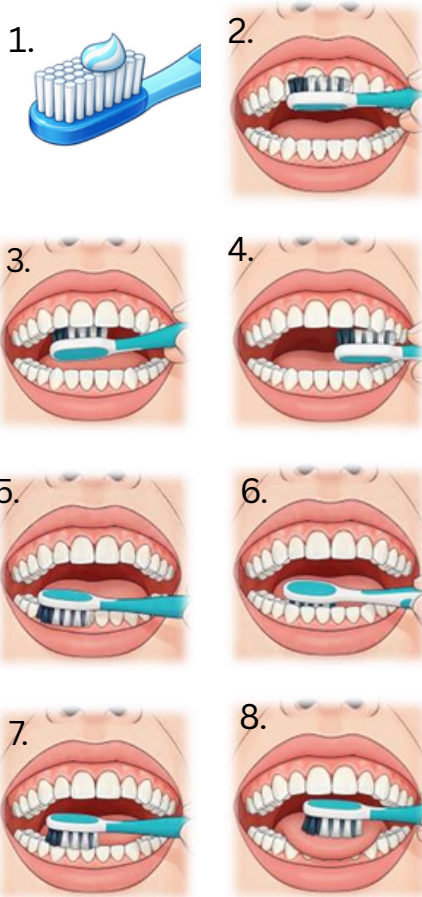
Replace a Toothbrush:

- At least every 3 months
- After a cold or flu
- When the bristles are worn or frayed



An **electric toothbrush** is a good option instead of a manual toothbrush, especially if brushing is difficult.

How to Brush Your Teeth Well



1. Put a pea-sized amount of toothpaste on your toothbrush.
2. Tilt the bristles toward your gums on the outside of your top teeth. Use small wiggles and count to 20.
3. Tilt the bristles toward your gums on the inside of your top teeth. Use small wiggles and count to 20.
4. Brush the chewing surfaces of your top teeth. Use small wiggles and count to 20.
5. Tilt the bristles toward your gums on the outside of your bottom teeth. Use small wiggles and count to 20.
6. Tilt the bristles toward your gums on the inside of your bottom teeth. Use small wiggles and count to 20.
7. Brush the chewing surfaces of your bottom teeth. Use small wiggles and count to 20.
8. Gently brush your tongue from back to front.

