



BE A TOOTH DEFENDER!

Know How To Brush



1. OUTSIDE TEETH

Make sure you brush each tooth surface all the way to the gum line.



2. INSIDE TEETH

Brush inside of each tooth the same way as in Step 1.



3. BITING SURFACES

Brush biting surface of each tooth.



4. BEHIND FRONT TEETH

Use tip of toothbrush to brush behind each front tooth, both top and bottom.



Tooth Defender Tips

- Brush twice a day with fluoride toothpaste, always before bedtime and on one other occasion
- Just spit after toothbrushing, rinsing washes the fluoride protection away
- Remember to brush *all* of your top and bottom teeth



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