BE A TOOTH DEFENDER!

Know How To Brush

- Brush at least twice a day with fluoride toothpaste!
- Remember to brush all top and bottom teeth!

1. OUTSIDE
   Place brush at angle along outer gumline. Wiggle gently back and forth. Repeat for each tooth.

2. INSIDE
   Brush inside surface of each tooth, using wiggling technique in Step 1.

3. WAY IN THE BACK
   Brush chewing surface of each tooth.

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

5. TONGUE
   Don’t forget to brush your tongue.

Tooth Defender Tips
Good oral health is an important part of being healthy. Follow the tangled strings to discover the Bright Smiles Super Powers that can make you a true Tooth Defender!

- Brush thoroughly with fluoride toothpaste at least twice a day, especially after eating breakfast and before bedtime
- Floss daily
- Use fluoride rinse
- Limit the number of times you eat sweet and sticky snacks
- Visit the dentist regularly