Know How To Brush

- Brush at least twice a day with fluoride toothpaste!
- Remember to brush all top and bottom teeth!
- Remember to turn off the faucet while brushing!
- Once teeth are touching, floss once a day to remove plaque!

Tooth Defender Tips

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.