Know How To Brush

**Tooth Defender Tips**

- 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.