

# How to Brush

- Always use a soft bristle toothbrush
- Use a pea sized amount of toothpaste with fluoride
- Brush in the same pattern each time
- Use small scrubbing motion on biting surfaces
- Angle your brush toward the gums and use a gentle, circular motion on all inside and outside tooth surfaces
- Hold brush straight up and down for inside of upper and lower front teeth
- Remember to brush your tongue
- Brush for 2-3 minutes, morning and night

