





## How to Brush Your Teeth

Brush after meals, using a soft brush and a fluoride toothpaste. Start at one place and work all the way around your mouth. Brush the front, back, and top of each tooth as shown below. Proper brushing should take about 2 to 3 minutes.

### Four easy steps to brushing your teeth

	
<p>1.</p> <ul style="list-style-type: none"><li>• Hold the brush at a 45° angle at the gumline.</li><li>• Gently brush the outer surfaces, using a circular motion. Don't scrub or use a lot of pressure.</li></ul>	<p>2.</p> <ul style="list-style-type: none"><li>• Brush the inner surfaces of the back teeth.</li><li>• Use the same circular motion.</li></ul>
	
<p>3.</p> <ul style="list-style-type: none"><li>• Turn the brush and use the tip to clean the inner surfaces of the upper and lower front teeth.</li></ul>	<p>4.</p> <ul style="list-style-type: none"><li>• Clean the chewing surfaces using a scrubbing motion.</li><li>• Brush your tongue.</li><li>• Rinse well.</li></ul>

### Why brush?

**Brushing every day will help keep your teeth and gums healthy. Having clean teeth also makes you look and feel better. Your breath is fresher. Your smile is brighter. And your teeth feel smooth.**

## **Fighting plaque**

**Many kinds of [bacteria](#) live in your mouth. These germs collect on your teeth and gums. They quickly form a sticky film called plaque. Plaque is the major cause of tooth decay and gum disease. Since plaque is always forming, it needs to be removed every day. Brushing removes plaque from tooth surfaces and around the gumline. Flossing breaks up plaque between teeth and under gums. Replace your toothbrush every 3 to 4 months.**

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