

Brushing your teeth

Use a fluoride toothpaste and the toothbrush size and type recommended by your dentist. Apply a pea-sized amount of toothpaste to the brush.

Start at the bottom left hand side of your mouth. Gently clean the biting surface of each tooth, starting at the back and working around to the other side. Repeat this for every tooth on the bottom jaw.



Now return to the bottom left hand side of your mouth and clean the outside surface of each tooth. Place your brush at a 45 degree angle against the outside gumline. Use a gentle circular motion to clean the outside surface of each tooth.



Next clean the inside surface of each lower tooth. Return again to the bottom left hand side of your mouth. Position your toothbrush against the inside gum line of your back tooth. Using the jiggling circular motion, gently clean the inside surface of each tooth in your lower jaw.



You now need to repeat this technique to clean each tooth in your top jaw. Start at the top left hand side of your mouth and first clean the biting surface, then the outside surface and finally the inside surface of each tooth in your top jaw.

Don't rush your brush. Ensure you brush your gums and tongue as well as your teeth. A thorough brushing should take at least 2 minutes. Replace your toothbrush when the bristles begin to spread. A worn out toothbrush will not properly clean your teeth. Electric toothbrushes need their heads replacing in the same way.

Quick Guide

Apply toothpaste to the brush



Start on the lower left hand side and clean the biting surface of all the lower teeth



Clean the outside surface of each lower tooth



Clean the inside surface of each lower tooth



Repeat on the top teeth
Take at least 2 minutes!

