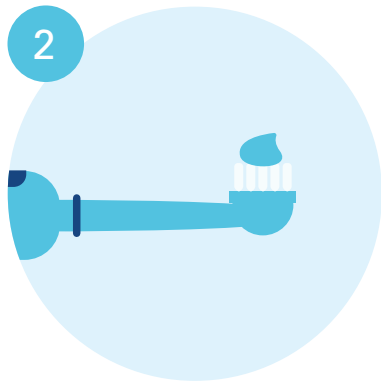


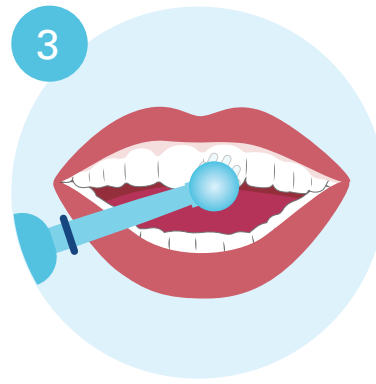
How to brush with an electric tooth brush



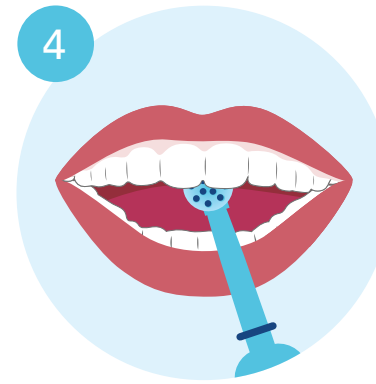
1
Brush in the morning and at night before going to bed.



2
Use a pea-sized amount of fluoride toothpaste on a soft headed toothbrush.



3
Start with the outside surfaces.
Let the electric toothbrush do the work for you. Move the toothbrush slowly from tooth to tooth, gently massaging the gums, and stopping for a few seconds on each tooth.



4
Repeat on the inside surfaces.



5
Slowly move the brush over the chewing surfaces, pausing for a few seconds on each tooth.
Spit out toothpaste, but don't rinse with water.

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Be sure to brush all surfaces: top and bottom, left and right, front and back.

For more information on supporting healthy mouths

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