

# How to brush with a powered toothbrush



1 Make sure you brush in the morning and at night before going to bed.



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



3 Start with the outside surfaces. Let the brush do the work for you. Guide the brush slowly from tooth to tooth, gently massaging the gum line, and pausing 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. When you're finished, spit out the toothpaste but don't rinse with water.



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

For more information on keeping mouths healthy

[www.dhsv.org.au](http://www.dhsv.org.au)

