



# What is the best way to clean your mouth?

## When should you brush your teeth?



You should brush your teeth in the morning.  
And you should brush your teeth again before you go to bed at night.

## What should you use to brush your teeth?



Use a soft toothbrush.

The type of toothpaste you use depends on your age:



- 0-18 months – don't use toothpaste, just use water



- 18 months to 6 years – use children's low fluoride toothpaste



- Children 6 years and over, and all adults – use standard fluoride toothpaste.



You only need to use a small pea-sized amount of toothpaste.



## How should you brush your teeth?

Brush teeth and along the gum line.  
Brush gently in small circles.



Spit out the toothpaste when you're finished.  
But you don't need to rinse your mouth with water.



If you find it difficult to brush your teeth, your dentist can give you ideas on how to make it easier.



## How should you clean your dentures?

Brush your dentures with mild soap and water every day.  
Also brush your gums and tongue morning and night with a soft toothbrush.



Put your dentures in a glass of cold water before you go to sleep at night.

## How should you clean your mouth if you don't have any teeth or dentures?



Brush your gums and tongue morning and night with a soft toothbrush.