



BE A TOOTH



DEFENDER!

Know How To Brush



1. Outside

Place brush at angle along outer gumline. Wiggle gently back and forth. Repeat for each tooth.



2. Inside

Brush inside surface of each tooth, using wiggling technique in Step 1.



3. Way in the back

Brush chewing surface of each tooth.



4. Behind Front Teeth

Use tip of toothbrush to brush behind each front tooth, both top and bottom.



5. Tongue

Don't forget to brush your tongue.

Tooth Defender Tips

- Brush at least twice a day with fluoride toothpaste!
- Remember to brush all top and bottom teeth!
- Remember to turn off the faucet while brushing!
- Once teeth are touching, floss once a day to remove plaque!

