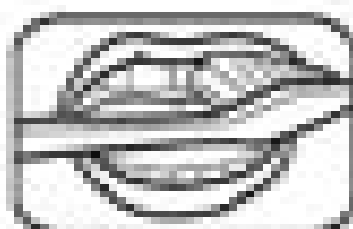


Helped Tooth's Dreaming



ADA
American Dental Association

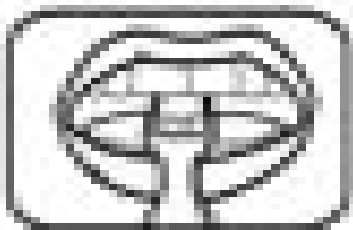


How to Brush

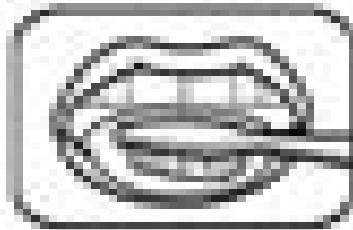
1. Place the toothbrush at a 45-degree angle to the gum.



2. Move the toothbrush vertically along the gum line.



3. Brush the inner surfaces of the teeth, including behind the last tooth.



4. Be sure the toothbrush is held correctly at the base of the toothbrush so the bristles naturally fall over the tooth's surface.

5. Brush your tongue to remove bacteria and keep your breath fresh.

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