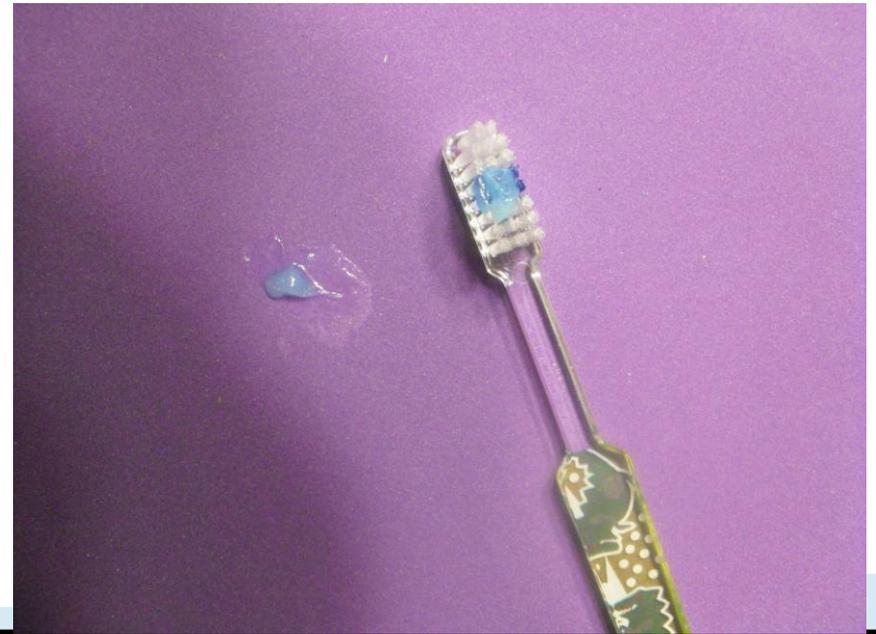


TOOTHBRUSHING: Step by Step

Wash Your Hands



Apply small amount of toothpaste to toothbrush



Position toothbrush at the gumline



Brush all outside areas



Brush all inside areas



Brush Chewing Areas



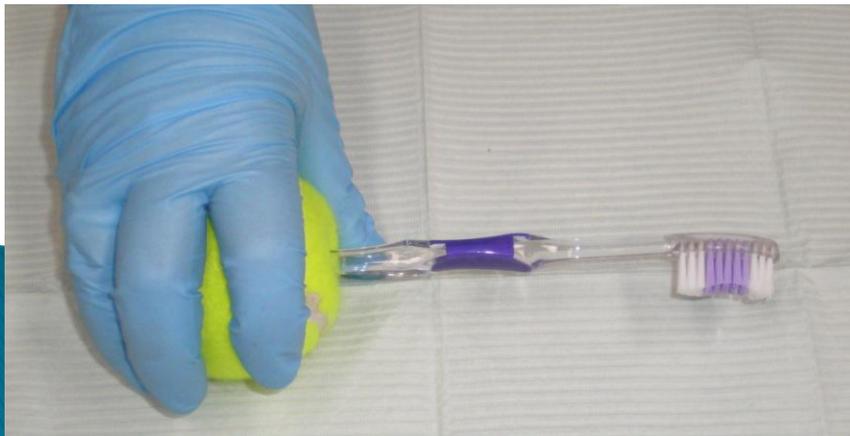
Replace Brush When Bristles are Frayed



Toothbrushing Suggestions:

- ▶ Rinse mouth with water after toothbrushing
- ▶ If gum tissue is bleeding when you are brushing, please brush those areas more thoroughly. If you see no improvement, please call your dentist.
- ▶ Visit your dentist regularly, as recommended by your dental professional

Special handles to make toothbrushing easier: Bicycle Handles, Tennis Ball, Soft Tubing



Specialized Toothbrushes: Battery Operated, Rechargeable, and Three Sided

