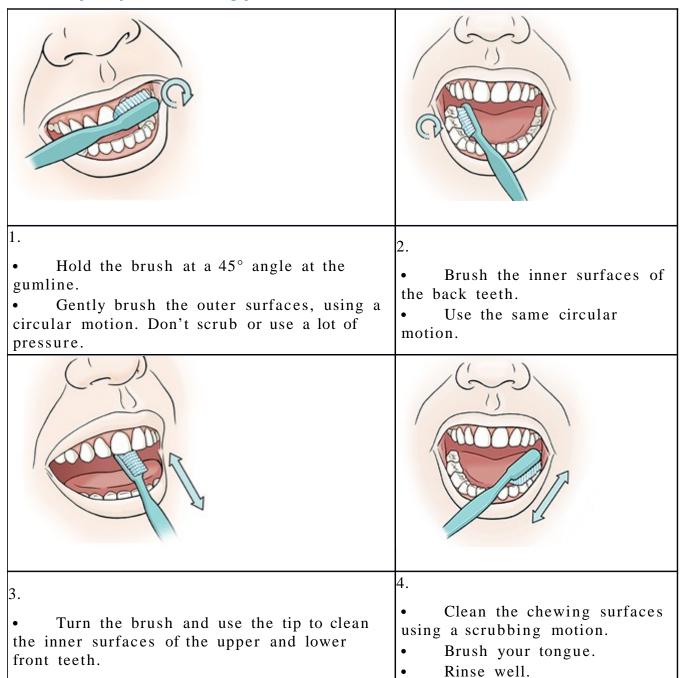
## **How to Brush Your Teeth**

Brush after meals, using a soft brush and a fluoride toothpaste. Start at one place and work all the way around your mouth. Brush the front, back, and top of each tooth as shown below. Proper brushing should take about 2 to 3 minutes.

## Four easy steps to brushing your teeth



Brushing every day will help keep your teeth and gums healthy. Having clean teeth also makes you look and feel better. Your breath is fresher. Your smile is brighter. And your teeth feel smooth.

## **Fighting plaque**

Many kinds of bacteria live in your mouth. These germs collect on your teeth and gums. They quickly form a sticky film called plaque. Plaque is the major cause of tooth decay and gum disease. Since plaque is always forming, it needs to be removed every day. Brushing removes plaque from tooth surfaces and around the gumline. Flossing breaks up plaque between teeth and under gums. Replace your toothbrush every 3 to 4 months.

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