



STEPS TO BRUSHING

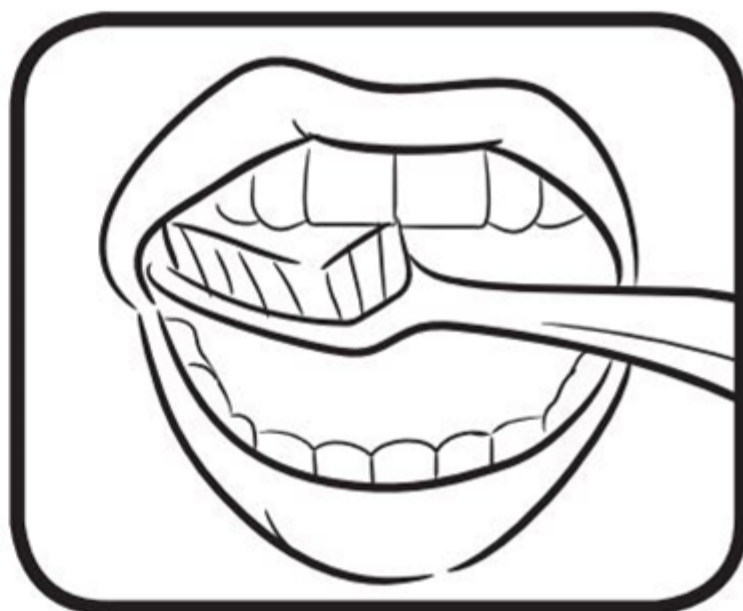
Created for *Tooth Wisdom®: Get Smart About Your Mouth*

ONE



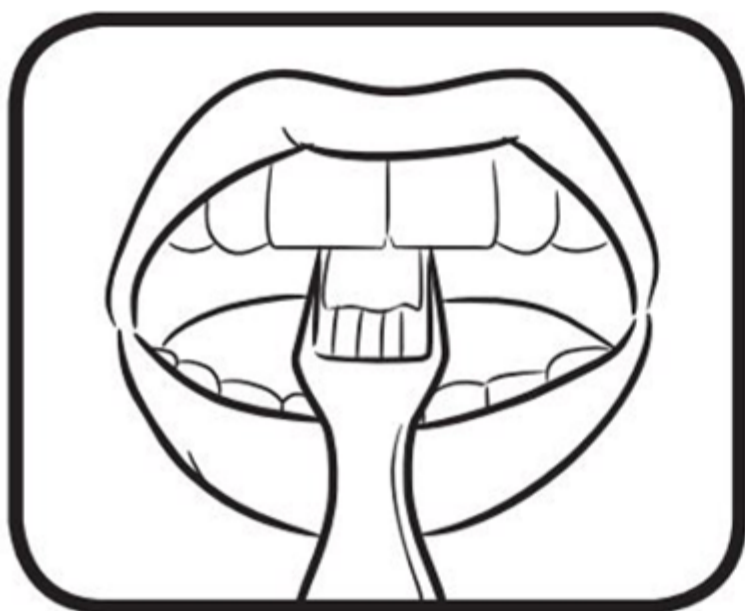
STEP 1: Place the toothbrush at a 45-degree angle with the brush bristles towards the gum line.

TWO



STEP 2: Use short strokes to move the brush back and forth gently. For the inside gumline, use the same 45-degree angle.

THREE



STEP 3: To clean the inside of the front teeth, tilt the brush vertically and make several up-and-down strokes.

FOUR



STEP 4: Brush the chewing surfaces of your teeth where food often gets trapped, and brush your tongue down in a sweeping motion toward the teeth.

