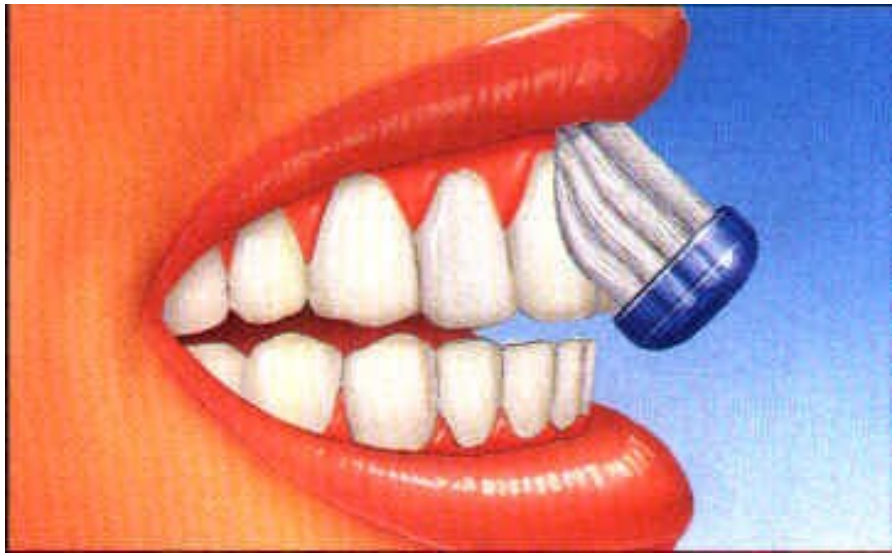
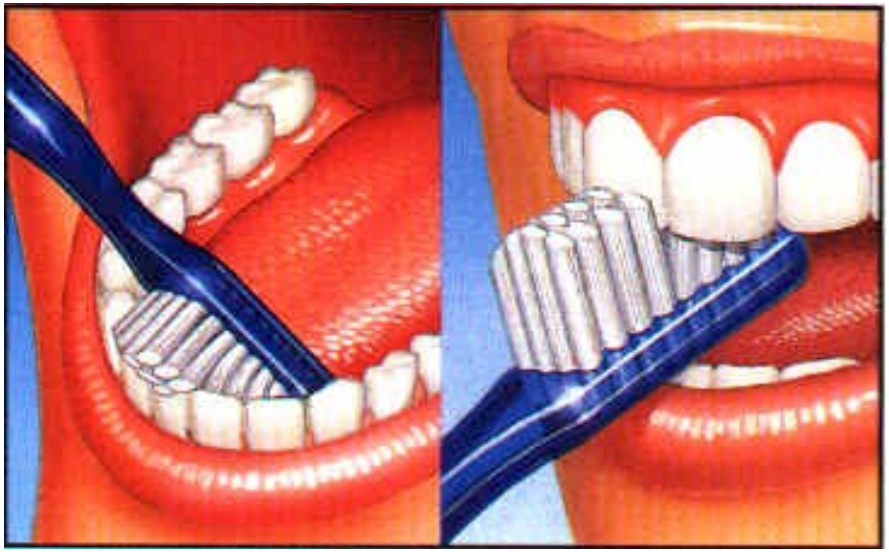
BRUSHING

Ask a dental professional how to brush





- Always use a **SOFT** toothbrush
- Place toothbrush at a **45 DEGREE ANGLE**
- Brush in the **SAME PATTERN** each time
- Use a **GENTLE, CIRCULAR** motion
- Brush the **OUTSIDE, INSIDE AND BITING SURFACES** of all your teeth
- Remember to brush your **TONGUE**
- Brush for **2 minutes**