

Your brushing **CHECKLIST:**



2x2

BRUSH TWICE a day for at least **2 MINUTES**, remember **2x2!**



Brush **GENTLY** with a **SOFT** brush



Make sure to brush **ABOVE** and **BELOW** the gum line



Brush **30 MINUTES AFTER** eating or drinking anything **ACIDIC**



Use a **1 CM DAB** of toothpaste
For **KIDS, PEA SIZE** is enough



Remember to brush
YOUR TONGUE



CHANGE toothbrush **EVERY 3 MONTHS** or as soon as bristles begin to flare out & after being ill



FOLLOW toothbrushing with
INTERDENTAL CLEANING
& **RINSING**