TOOTHBRUSHING?

MASSAGE



DON'T SCRUB!

YOUR GUMS & TEETH WILL BE FOREVER GRATEFUL

Why should I think about MY GUMS when I brush?

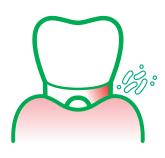


Your gums cover 1/3 of your teeth

They **protect sensitive roots** and **bone tissue** which hold your teeth upright

Plaque tends to accumulate **along the gum line**

How can vigorous brushing with a hard brush hurt my gums & teeth?





Can cause gums to recede irreparably



Can expose sensitive tissue



Can open the door for **harmful bacteria** to enter the rest of your body

WHAT CAN I DO?





Use an extra soft brush and clean gently using circular motions



Always brush **along the gum line**



Always clean **between** your teeth