

HOW TO BRUSH YOUR TEETH



2 minutes of brushing
times a day



USE A SMALL AMOUNT
OF TOOTHPASTE



BRUSH THE OUTSIDE SURFACE
OF ALL TEETH USING CIRCULAR MOTION



BRUSH THE OUTER SURFACE OF ALL TEETH
USING UP AND DOWN MOTION



REPEAT FOR INNER SURFACE
OF ALL TEETH



BRUSH THE CHEWING SURFACE
OF ALL TEETH



BRUSH THE TONGUE



RINSE OUT YOUR MOUTH
USING WATER



CONGRATULATIONS!

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