

Brushing tips

STEP
1

Outside

Brush the outside surface of each tooth using small circular motions.

STEP
2

Inside

Brush the inside surface of each tooth using the same circular motions.

STEP
3

To The Back

Service provided by: At Home Dental Brush the tops of the back teeth, the chewing surfaces, using a forward and backward motion.

STEP
4

To The Front

Tilt your toothbrush vertically to brush behind each front tooth using small up and down strokes. Remember to brush both the top and bottom teeth!

STEP
5

Tongue

Don't forget to brush your tongue. Lots of germs and bacteria hide here!

Top Tips!



Brush your teeth for 2 minutes so you can keep your smile bright! Our two minute-long Big Brush Club tune helps keep track of time.



Use fluoride toothpaste. Fluoride helps keep your teeth strong and healthy!



Angle the toothbrush at a 45 degree angle so that the bristles reach the gums too.



Brush at least twice a day. Once in the morning and once last thing before you go to bed.



Begin at the back of the mouth (upper or lower) and then gradually work your way towards the front.



Don't rinse with water after brushing, just spit

