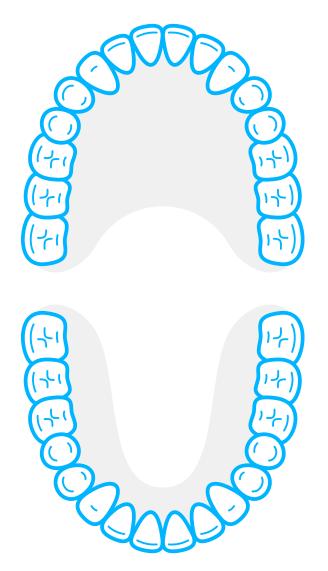
Supervised Toothbrushing Toothbrushing Pattern



HOW TO BRUSH TEETH CORRECTLY

Thorough toothbrushing should take approximately two minutes. Following this pattern will help you brush your teeth thoroughly for two minutes:



TOP TEETH

- > 20 seconds inner surfaces
- ► 20 seconds biting surfaces
- > 20 seconds outer surfaces

BOTTOM TEETH

- > 20 seconds inner surfaces
- ► 20 seconds biting surfaces
- > 20 seconds outer surfaces

TOP TIP:

The toothbrush should be felt on the gums when brushing!



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