

# Supervised Toothbrushing

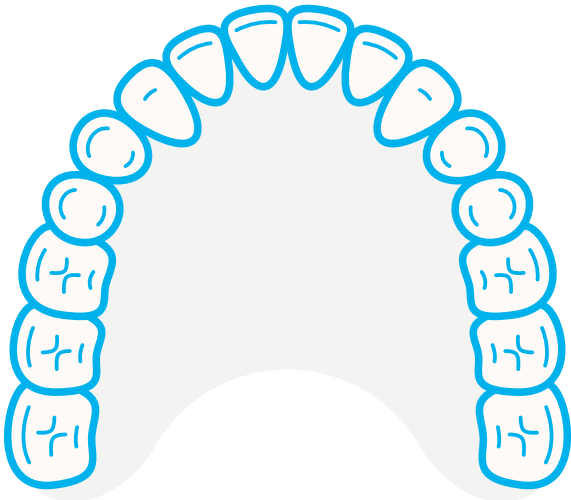
## Toothbrushing Pattern



### HOW TO BRUSH TEETH CORRECTLY

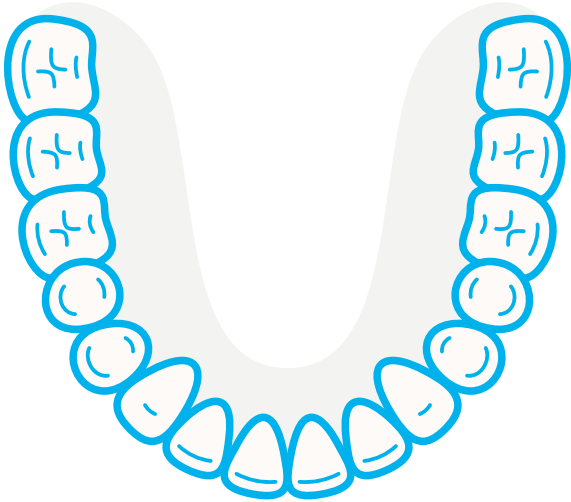
Thorough toothbrushing should take approximately two minutes.

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!