



Top Tips for keeping teeth bright and healthy



1. Brush twice a day with fluoride toothpaste for at least 2 minutes



2. Make sure that every surface of every tooth is brushed thoroughly – front, back, top and sides



3. Use different brush strokes – up and down, side to side and round in circles



4. Don't forget to brush your tongue and gums



5. Brush in front of a mirror so you can see what you're doing and make sure every tooth gets attention



6. Spit out the toothpaste but don't rinse your mouth

