

# Clean & Brush Teeth Guidelines

By Julie Rivers



## Clean Outer Surfaces

1. Begin by tilting your brush at an angle and gently sweeping it back and forth along the gum line for both the front and back of the upper teeth; brushing this way also at the gum line for the lower teeth too. Brush the front six teeth on the upper and lower teeth on the inside by the palate and tongue using the tip of the toothbrush using up and down strokes to remove plaque from the gumline and the back of these teeth.

## Clean Chewing Surfaces

2. It takes a full two minutes to effectively clean your teeth. After brushing the gum line and outer surfaces, it is time to focus on the chewing surfaces. The chewing surfaces are not as smooth as the front and back of your teeth, and substances stick to uneven surfaces more easily. Using gentle back-and-forth strokes, brush these areas well to prevent buildup.

## Clean Your Tongue

3. To keep your mouth healthy, don't just brush your teeth. Scrub your tongue as well to remove bacteria. Brushing your tongue is important for routine in bad breath prevention.

# Do It All Again!

4. You've done it! You've brushed your teeth and scrubbed and removed plaque and germs. Your teeth should feel clean and smooth, and your mouth feels fresh. Now it is time to keep up your amazing brushing habits. Brush twice a day, once in the morning and evening before going to bed.