

# BRUSHING INSTRUCTIONS

MANUAL TOOTHBRUSH

Englanti

1

WET THE TOOTHBRUSH  
WITH WATER.

2

APPLY THE RECOMMENDED  
AMOUNT OF FLUORIDE  
TOOTHPASTE.

3

START BRUSHING THE TEETH AT  
THE BACK OF THE UPPER JAW.  
PLACE THE BRUSH ON THE OUTER  
SURFACE OF THE TOOTH SO THAT  
THE BRISTLES ARE PARTLY ON THE  
GUM AS WELL.

4

BRUSH THE TEETH WITH A  
BACK-AND-FORTH MOTION.  
AFTER THE OUTER SURFACES,  
BRUSH ALL CHEWING  
SURFACES, AND FINALLY BRUSH  
ALL INNER SURFACES.

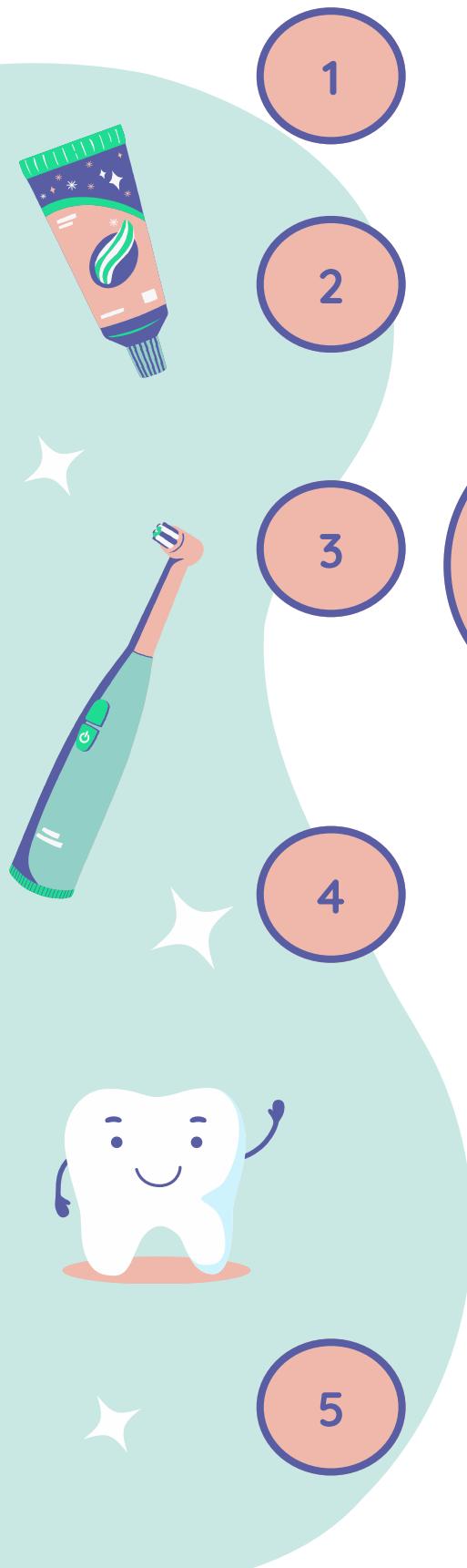
5

REPEAT THE PROCEDURE FOR  
YOUR LOWER TEETH. FINALLY,  
SPIT OUT THE TOOTHPASTE. DO  
NOT RINSE YOUR MOUTH.



# BRUSHING INSTRUCTIONS

ELECTRIC TOOTHBRUSH  
Englanti



1

WET THE TOOTHBRUSH  
WITH WATER.

2

APPLY THE RECOMMENDED  
AMOUNT OF FLUORIDE  
TOOTHPASTE.

3

START BRUSHING THE TEETH AT THE  
BACK OF THE UPPER JAW. PLACE THE  
BRUSH ON THE OUTER SURFACE OF  
THE TOOTH SO THAT THE BRISTLES  
ARE PARTLY ON THE GUM AS WELL.

4

TURN ON THE TOOTHBRUSH.  
HOLD THE TOOTHBRUSH IN PLACE  
ON A TOOTH AND SLOWLY COUNT  
TO THREE. MOVE TO THE NEXT  
TOOTH AND REPEAT. AFTER  
BRUSHING THE OUTER SURFACES,  
BRUSH ALL CHEWING SURFACES,  
AND FINALLY BRUSH ALL INNER  
SURFACES.

5

REPEAT THE PROCEDURE FOR  
YOUR LOWER TEETH. FINALLY,  
SPIT OUT THE TOOTHPASTE. DO  
NOT RINSE YOUR MOUTH.

