

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.

1

WET THE TOOTHBRUSH
WITH WATER.

2

APPLY THE RECOMMENDED
AMOUNT OF FLUORIDE
TOOTHPASTE.

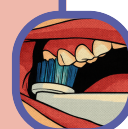
3

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.