

Care of Natural Teeth



Use a soft toothbrush with a pea-sized amount of fluoride toothpaste.



Brush your teeth, gums and tongue morning and night.



Brush where the tooth meets the gum.



Brush the outside, biting side and inside of teeth.



Spit, but don't rinse after brushing.



Rinse toothbrush, tap dry and store uncovered.
Replace toothbrush 3 monthly.

