

*Become
a Brushing*

MASTER

in 6 Steps

*You understand the importance
of brushing your teeth twice a day,*

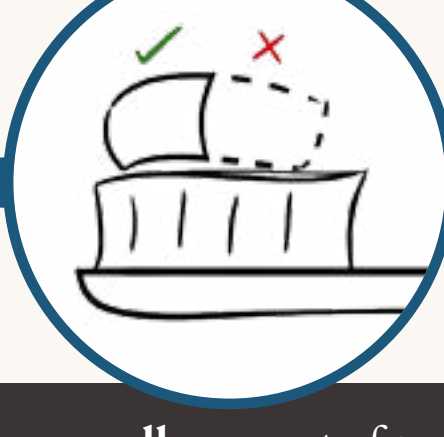
But

Are you doing it correctly?

*To make the most of your
brushing technique*

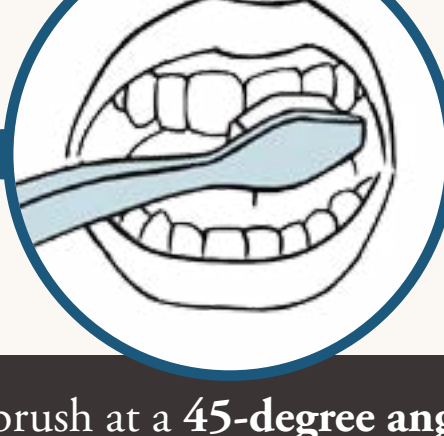
FOLLOW THESE 6 SIMPLE STEPS

STEP 1:



Use only a **small amount** of toothpaste.

STEP 2:



Tilt the toothbrush at a **45-degree angle** to the gums

STEP 3:



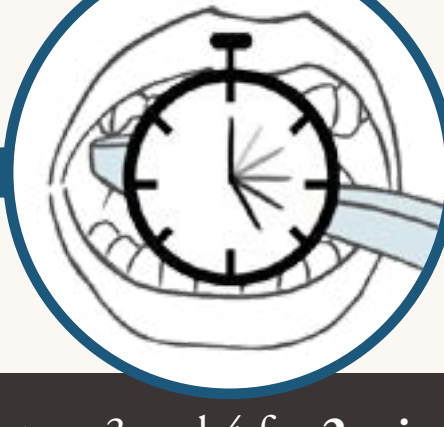
Brush the outer **and** inside surfaces with a
soft, circular motion.

STEP 4:



Brush the **chewing surfaces** (your molars) with a
back-and-forth motion.

STEP 5:



Do steps 3 and 4 for **2 minutes**.

STEP 6:



Brush your tongue to remove any extra bacteria
and keep your mouth fresh.

Show Off Your Brushing Skills!



Don't forget to schedule your hygiene appointment with us!

BJORKLUND
DENTAL DESIGNS