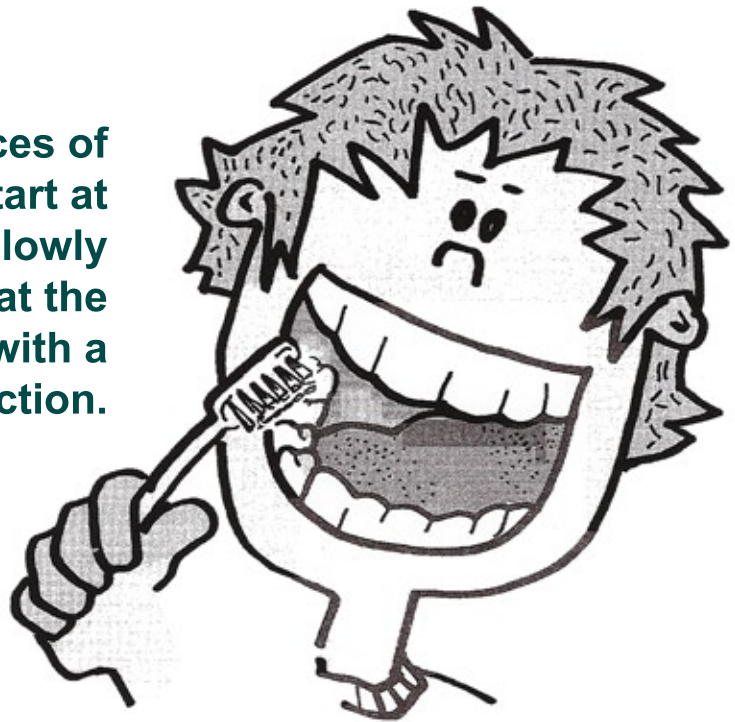
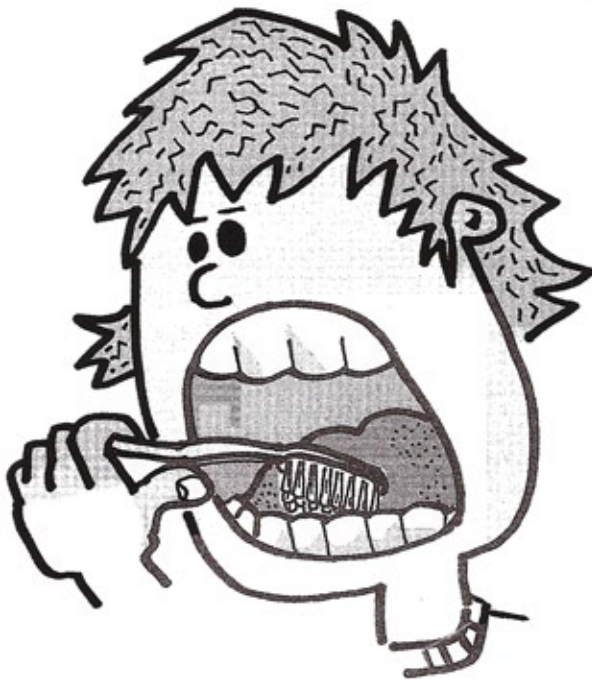


GOOD TOOTHBRUSHING

Brush the outer surfaces of the lower teeth first. Start at the back and move slowly forwards, aiming at the necks of the teeth with a gentle, scrubbing action.



Repeat for inner surfaces, moving the brush backwards and forwards against the back of the teeth. Brush the biting surfaces.



Repeat for the upper teeth.

