

How to Brush

- Use a soft bristled toothbrush and **fluoride** toothpaste
- Hold your toothbrush at a **45° angle** to your gums
- Brush all tooth surfaces gently and thoroughly by moving your brush back and forth in short **tooth-wide** strokes



Effective daily removal of dental plaque is vital to maintain good oral health.

Brush twice daily, morning and night, for at least 2 minutes.

**HAVING A HEALTHY MOUTH
IS IMPORTANT FOR OVERALL HEALTH
AND WELLBEING**



NEW ZEALAND
DENTAL ASSOCIATION