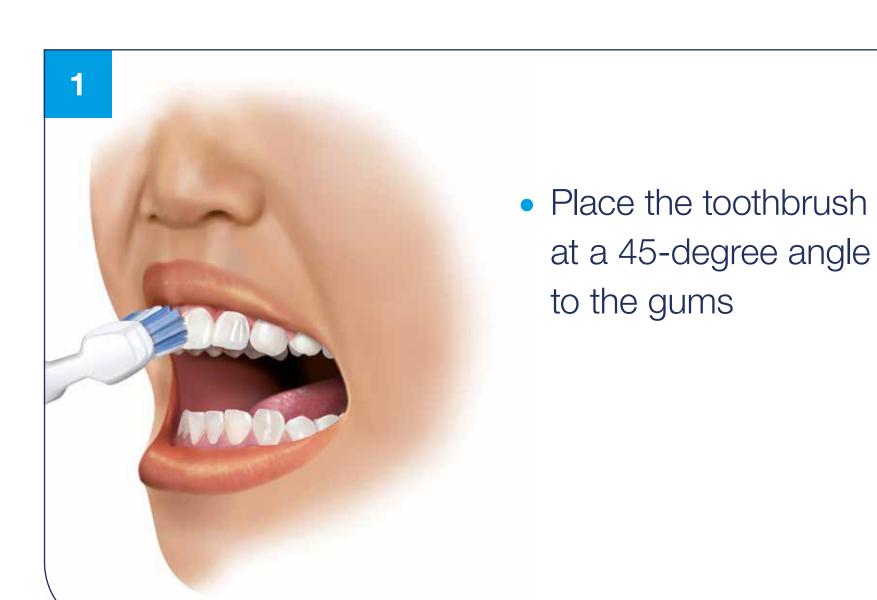
Toothbrushing advice¹⁻⁵

- Brush twice a day, everyday with a fluoride toothpaste
 - Once last thing at night and one other time
- Replace your toothbrush regularly (every 1-3 months)¹
- Ask your dentist about the best brushing technique for you
- Reduce sugary foods and drinks and don't brush straight after eating

Here is an example of brushing technique:





- Using short strokes, gently move the brush back and forth
- Brush all surfaces of the teeth, including the outer, inner and chewing surfaces



 Tilt the brush vertically and make several up-and-down strokes to clean the inside surface of the front teeth



 Brush your tongue to remove bacteria and keep your breath fresh



References:

- 1. Public Health England, Department of Health Delivering better oral health: an evidence-based toolkit for prevention. 2017
- https://www.bda.org/brushing
 https://www.dentalhealth.org/
- 4. https://www.mouthhealthy.org/en/az-topics/b/brushing-your-teeth