

How to Brush Your Teeth

Brush after **every** meal and replace your toothbrush **every** 3-4 months. Always use toothpaste that has fluoride to help prevent cavities.



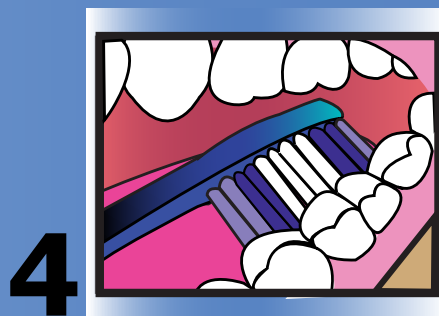
Always use a soft bristle toothbrush. Remember: Brush your teeth, tongue and gums!



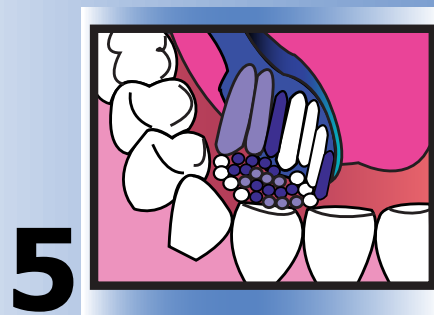
First, hold your toothbrush at a 45 degree angle. Brush the outsides of your front teeth using a gentle circular motion starting at the gumline.



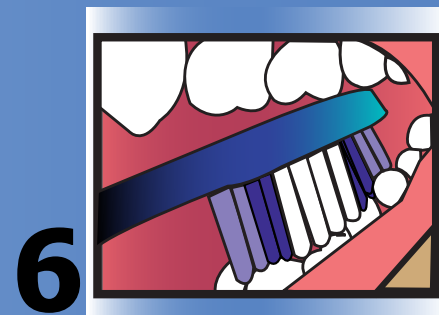
Next brush your back teeth on the outsides of your back teeth using a circular motion starting at the gum line.



Brush the insides of your back teeth with up and down brush strokes in a circular motion.



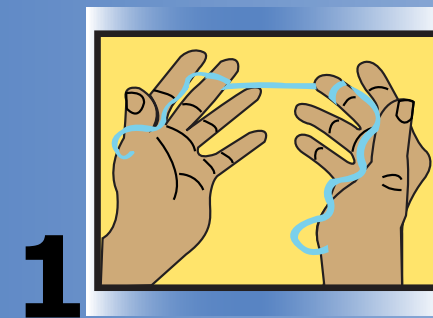
Brush the inside of your front teeth by tilting the tooth-brush vertically and using an up and down circular motion.



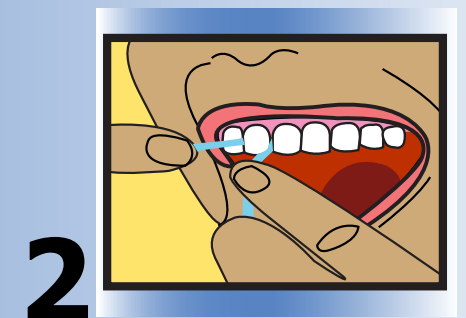
On your chewing surfaces on both the top and the bottom, hold the tooth brush flat and gently brush.

How to Floss

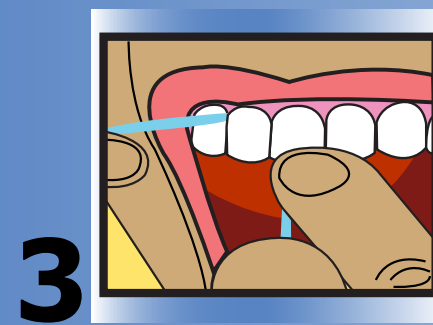
Floss at least 2 times a day for healthy gums.



Use about 18" of floss, leaving an inch or two to work with.



Gently follow the curves of your teeth.



Be sure to clean beneath the gumline, but avoid snapping the floss on the gums



**Inter Tribal Council of Arizona, Inc.,
Dental Clinical and Prevention Support Center**
2214 N. Central Ave., Ste. 100
Phoenix, AZ 85004
(602) 258-4822