Tooth Defenders skills

Brush Better

1. Place the toothbrush at a 45-degree angle towards the gumline. Use gentle, short strokes, moving the brush back and forth against the teeth and gums.

2. Brush inside the surface of each tooth in a similar way.

3. Brush the chewing surface of each tooth.

4. Use the tip of the brush to brush behind each front tooth, both top and bottom.

5. For fresher breath, don’t forget to brush your tongue!