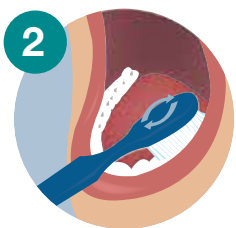


Brushing

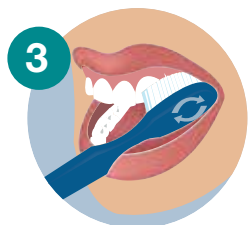
Correct brushing technique



1 Squeeze a pea-sized blob of toothpaste onto a soft bristled brush.



2 Brush gently using circular motions. If you brush too hard it can harm your gums.



3 Brush all the surfaces of your teeth paying special attention to where the tooth meets the gum. This is where plaque builds up.



4 Remember to brush behind your front teeth using the tip of the toothbrush.



5 Keep brushing for at least two minutes and do this morning and night.

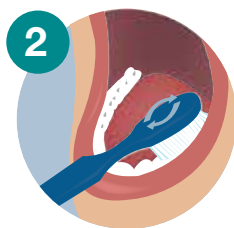
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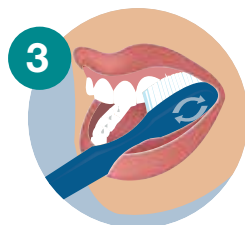
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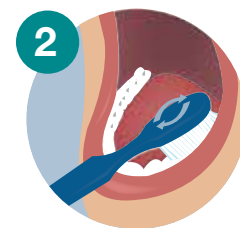
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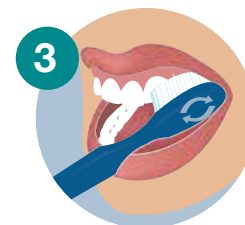
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