

The background is a light gray gradient. It is decorated with numerous realistic water droplets of various sizes, some clustered in the top left and bottom right corners. A large, faint watermark of a toothbrush is centered in the upper half of the image.


# BRUSHING YOUR TEETH

KELI HEROUX

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# FACTS

- CAN (AND SHOULD) BE DONE 1-2 TIMES PER DAY. SHOULD BE DONE FOR APPROX. 2 MINUTES.
  - CAN BE DONE AFTER A MEAL, IN THE MORNING OR IN THE EVENING
  - HELPS PROMOTE TEETH AND GUM HEALTH
  - HELPS KEEP YOUR MOUTH FEELING FRESH
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# DIFFERENT TYPES OF TOOTH BRUSHES

## MANUAL



<https://www.todaysrdh.com/research-26-different-manual-toothbrushes-tested-for-efficacy/>

## ELECTRIC



[https://www.pinterest.ca/pin/813603488911565292/?nic\\_v2=1a3ucM8E4](https://www.pinterest.ca/pin/813603488911565292/?nic_v2=1a3ucM8E4)

# DIFFERENT TYPES OF TOOTHPASTE

- FLAVOURS (MINTY, FRUITY, SWEET)
- BRANDS (COLGATE, SENSODYNE, TOMS)
- USES (SENSITIVITY, WHITENING, ENAMEL STRENGTH)



<https://www.hiltondentalpractice.co.uk/how-to-choose-a-toothpaste-thats-right-for-you/>

# STEPS TO EFFECTIVE BRUSHING

1. PLACE A SMALL AMOUNT OF TOOTHPASTE TO COVER BRISTLES.
2. WET YOUR TOOTHBRUSH WITH WATER.
3. PLACE TOOTHBRUSH ON OUTSIDE OF TEETH AND MOVE IN A CIRCULAR MOTION.
4. ONCE OUTSIDE OF TEETH IS BRUSHED, MOVE TO INSIDE EDGE AND TOP EDGE.
5. DON'T FORGET YOUR TONGUE!
6. BRUSH FOR APPROXIMATELY 2 MINUTES, YOU CAN SET A TIMER OR JUST GO UNTIL DONE.
7. WHEN FINISHED BRUSHING, SPIT OUT TOOTHPASTE AND RINSE TOOTHBRUSH WITH WATER.



<https://www.healthyteeth.org/different-kinds-of-teeth/>



# HAPPY AND HEALTHY SMILE



[https://www.nicepng.com/ourpic/u2q8q8y3w7t4e6e6\\_teeth-transparent-healthy-tooth-clip-art/](https://www.nicepng.com/ourpic/u2q8q8y3w7t4e6e6_teeth-transparent-healthy-tooth-clip-art/)