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How to instructions

# How to use a manual toothbrush

If a job is worth doing, it is worth doing properly. Here is a suggested way to be systematic when brushing and maximise how effective your cleaning can be. Get this right for a gold star in plaque removal! Electric toothbrushes are generally more effective than manual ones, but we understand people have a preference.

The goal of brushing is to remove the soft plaque and bacteria but not to scrub hard and damage the gum or tooth structure. We know how precious your teeth and gums are which is why we only recommend and supply soft brushes. Brushing should be completed twice per day – in the morning and before going to bed at night.

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It should take you about two minutes to clean your teeth and gums. Being systematic ensures that all the tooth surfaces are brushed efficiently and adequately.

For Children up to 3 years old, place a GRAIN OF RICE onto the brush.

For 4+ Place a PEA SIZED amount of this toothpaste onto the brush.

1. Apply a grain of rice or pea-sized toothpaste on to the brush head.
2. When brushing areas other than the biting surfaces remember to angle the brush at 45 degrees to the gum line to ensure the bristles can access this area. This is critical as so much of the plaque that contributes to gum disease is found here. Brushing systematically yields the best results.
3. Start on the lip/cheek-side of the teeth from upper right corner and work your way all the way to the top left side.
4. Circle back by brushing the roof of the mouth side from the top left all the way back to the top right.
5. Finally, cover the top surfaces of the teeth. Then move over to the lower jaw and begin the process from the lower right side of the mouth starting on the tooth surfaces facing the cheek. Move the brush slowly all the way towards the lower left side and then circle back by brushing the tooth surfaces facing the tongue side from the lower left all the way back to the lower right. Finish off by brushing the top surfaces of the lower teeth.
6. Spit out excess toothpaste, but ideally don’t rinse.

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