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How to instructions

How to use a manual toothbrush

This article shows how to use a manual (normal) toothbrush, step by step.

- Use a **soft** brush. Brush gently. Do not scrub hard.
- Brush twice a day: morning and before bed.
- Brushing takes about 2 minutes.
- Electric toothbrushes usually clean better, but a manual brush is fine if used well.

How much toothpaste

- Children up to 3 years: the size of a grain of rice.
- Age 4 and over: the size of a pea.

Steps

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1. Hold the brush at an angle, pointing at where the teeth meet the gums. A lot of plaque (germs) sits here.
2. **Top teeth, outside:** start at the back on the right. Move slowly to the back on the left.
3. **Top teeth, inside** (roof of mouth side): go from the back left to the back right.
4. **Top teeth, chewing surfaces.**
5. **Bottom teeth, outside:** start at the back on the right. Move slowly to the back on the left.
6. **Bottom teeth, inside** (tongue side): go from the back left to the back right.
7. **Bottom teeth, chewing surfaces.**
8. Spit out extra toothpaste. Try **not** to rinse. This leaves fluoride on the teeth.

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