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How to instructions

How to use an electric brush.

How to use an electric toothbrush

If a job it 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!

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.

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1. Apply a grain of rice or pea-sized toothpaste on to the brush head. Place the brush inside the mouth before starting it. This will minimise the chance of toothpaste spluttering everywhere!
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. Being systematic ensures that all the tooth surfaces are brushed efficiently and adequately. A circular rotating-oscillating brush often achieves the best outcome due to the mechanics of bristle movement.
6. Spit out excess toothpaste, but ideally don’t rinse

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