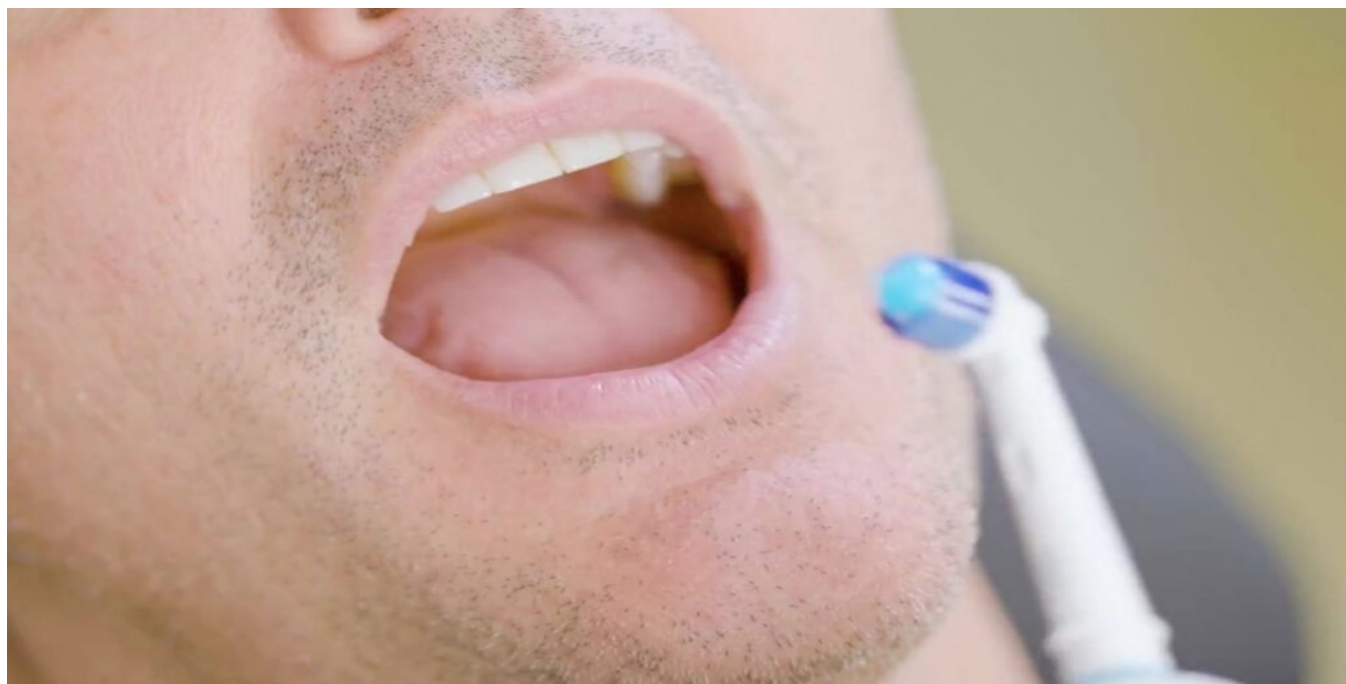




How to instructions

How to use an electric toothbrush as a carer.



This article shows carers how to clean someone's teeth when they use an electric toothbrush, step by step. Following the same order every time means no teeth are missed.

How much toothpaste

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

Before you start

Put the brush in the mouth **before** you turn it on. This stops toothpaste going everywhere.

Steps

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.

A brush head that spins in circles usually cleans best.