How to Brush

Maintain a regular dental hygiene routine to keep your teeth and gums healthy

For two minutes
Use a timer to make sure you are brushing long enough.

After eating
Remove food particles to prevent the buildup of plaque.

In small circles
Don’t scrub teeth up and down or back and forth.

With moderate pressure
Brushing too hard can damage your gums.

And floss!
Floss gets into the crevices your toothbrush can’t reach.