

TOP TIPS FOR A SUPER SMILE

WHEN YOU CARE FOR OTHERS IT'S ALSO IMPORTANT TO CARE FOR YOURSELF AND BRUSHING YOUR TEETH IS ONE OF THE WAYS YOU CAN DO THIS

Brush twice a day. Once at bedtime and at one other time in the day



Use a toothpaste containing 1350 - 1500 ppm of Flouride. You can look at the ingredients on the packet to check the amount

Use a pea sized amount of toothpaste on your brush



Brush for 2 minutes