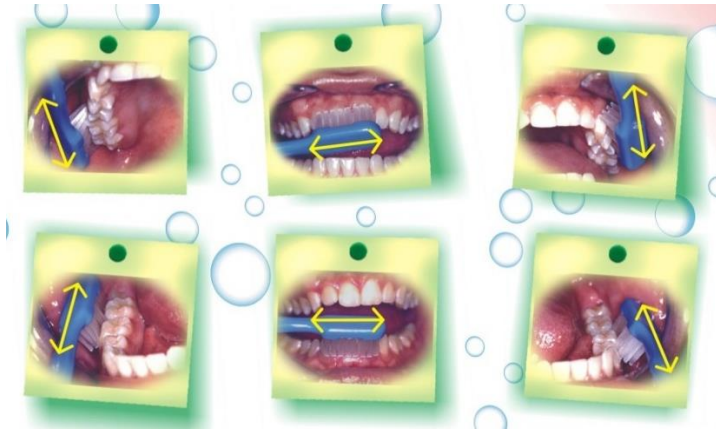
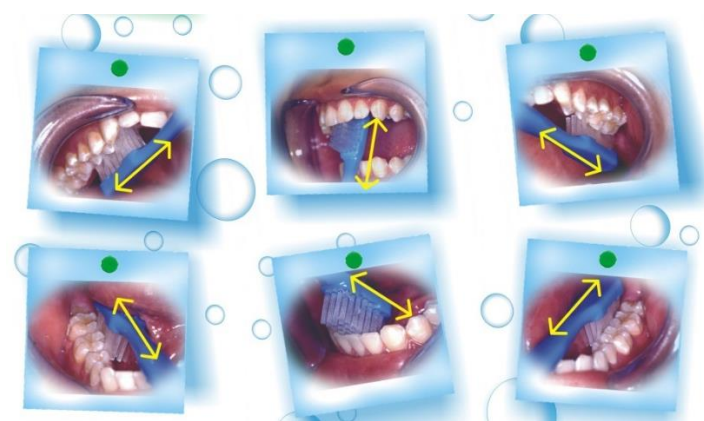


A Complete Guide to Toothbrushing

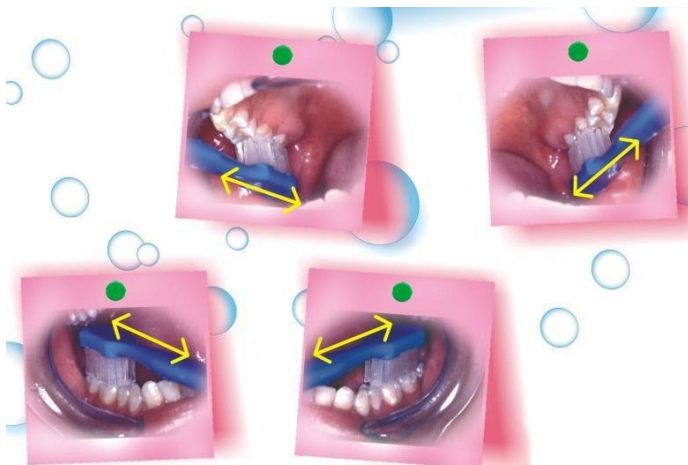
1. Firstly, brush the outer surfaces of teeth



2. Then brush the inner surfaces of teeth

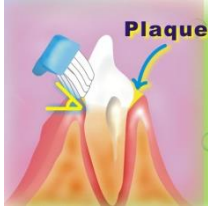


3. Finally, brush the chewing surfaces of the teeth



Gentle Reminder

1. Tips of the bristles should be tilted at an angle towards the gingival (gum) margin because dental plaque tends to accumulate at the gingival sulcus



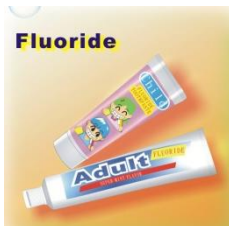
2. Gently move the toothbrush in small scrubbing motion, working on two to three teeth at a time



3. Use gentle force like gripping a pen while brushing your teeth



4. Use fluoride toothpaste to brush the teeth in the morning and before bed at night



5. Choosing the toothbrush :

- The size of the brush head should be chosen according to the size of the oral cavity. Please refer to the following diagrams:

0-2 years



Brush head size should be approximately the diameter of a Hong Kong 10-cent coin (~15mm)

2-6 years



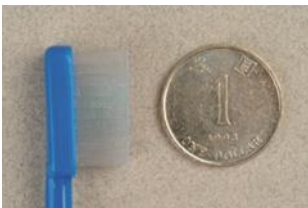
Brush head size should be approximately the diameter of a Hong Kong 20-cent coin (~19mm)

6-12 years



Brush head size should be approximately the diameter of a Hong Kong 50-cent coin (~22mm)

12 years and above



Brush head size should be approximately the diameter of a Hong Kong one-dollar coin (~25mm)

- The bristles should be soft so that it does not injure the gums.
- Change the toothbrush if the bristles are deformed
- You can choose any bristle pattern and handle design according to personal preference and habit
- If you would like to use a powered toothbrush, please consult your dentist first