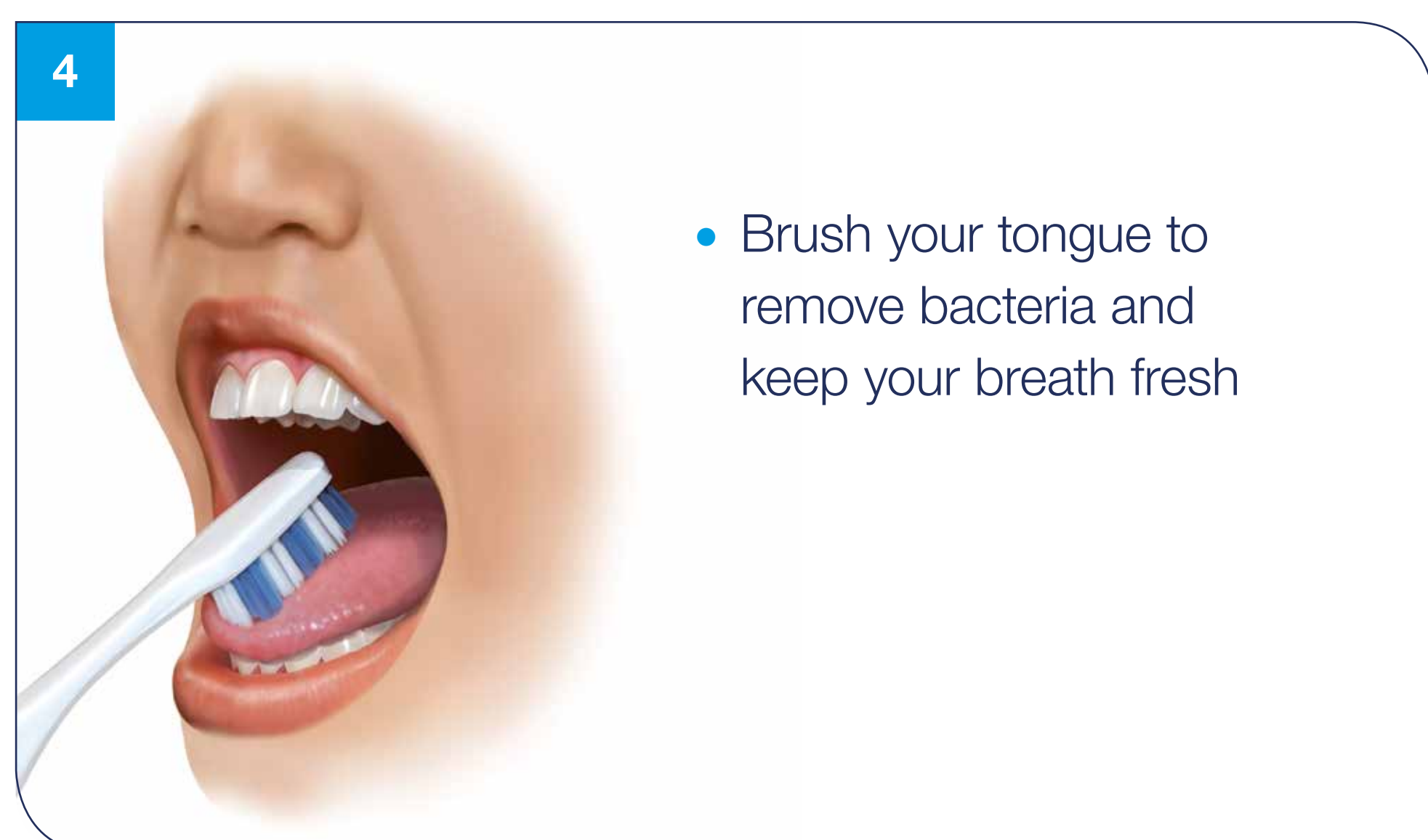
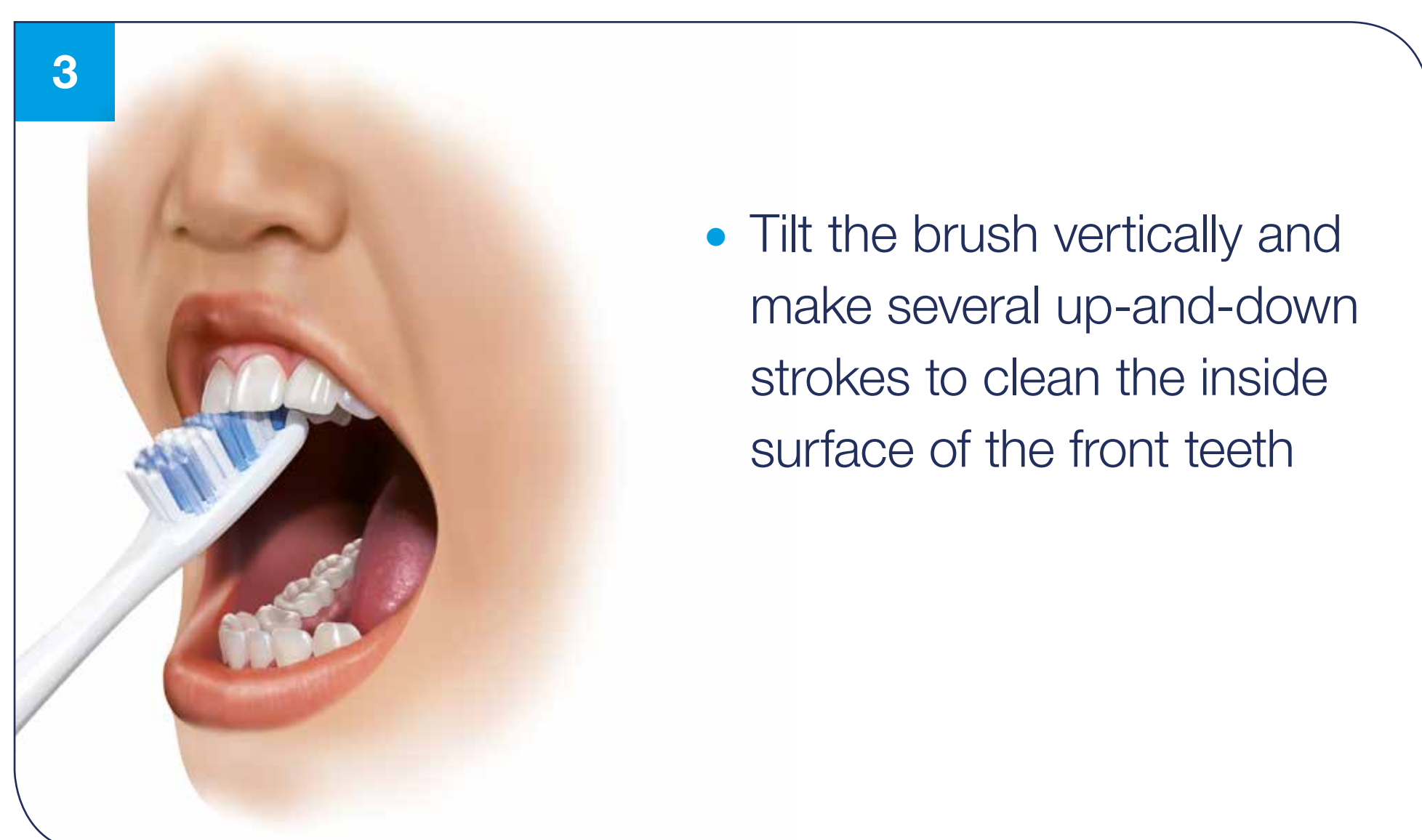
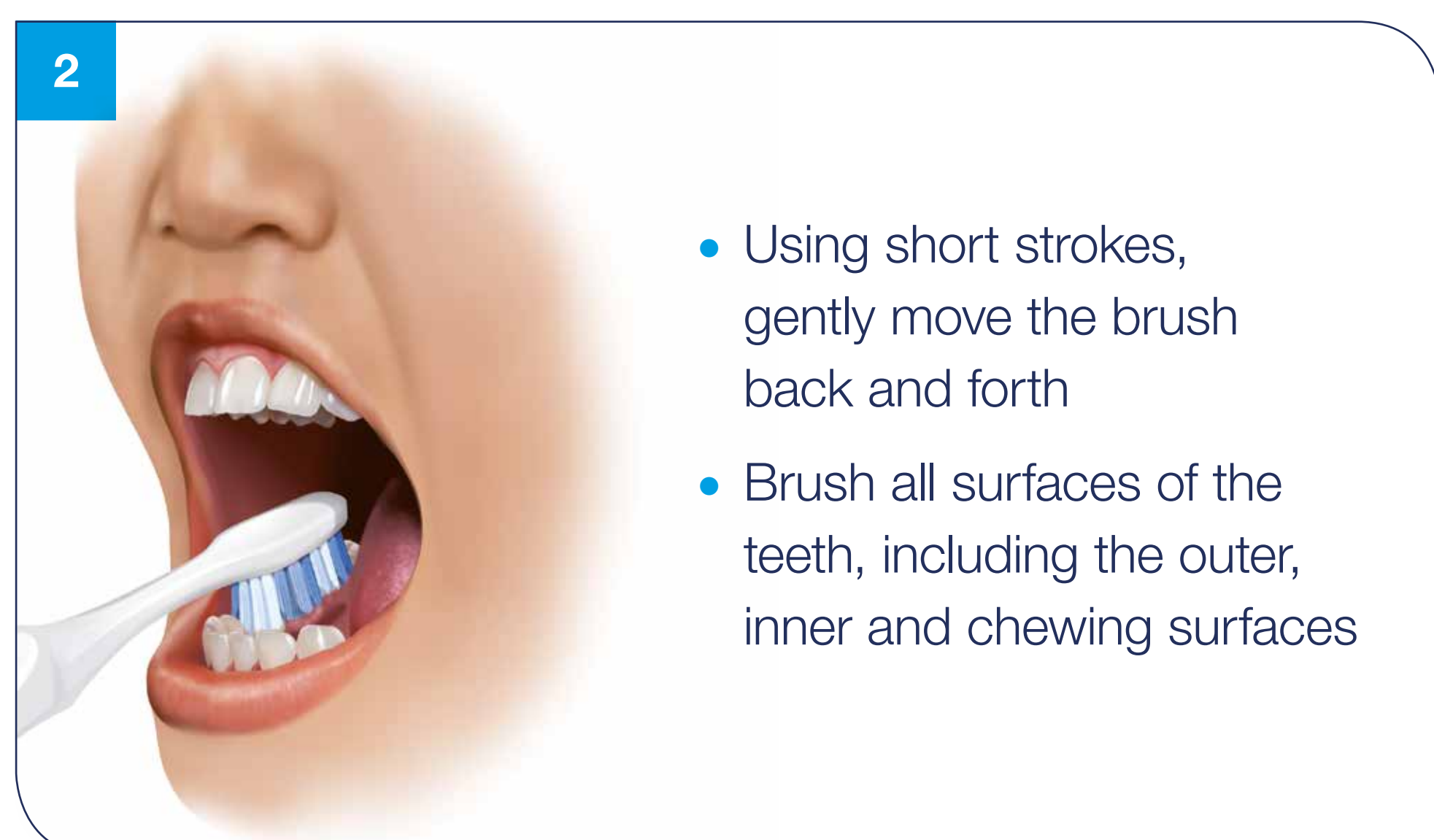
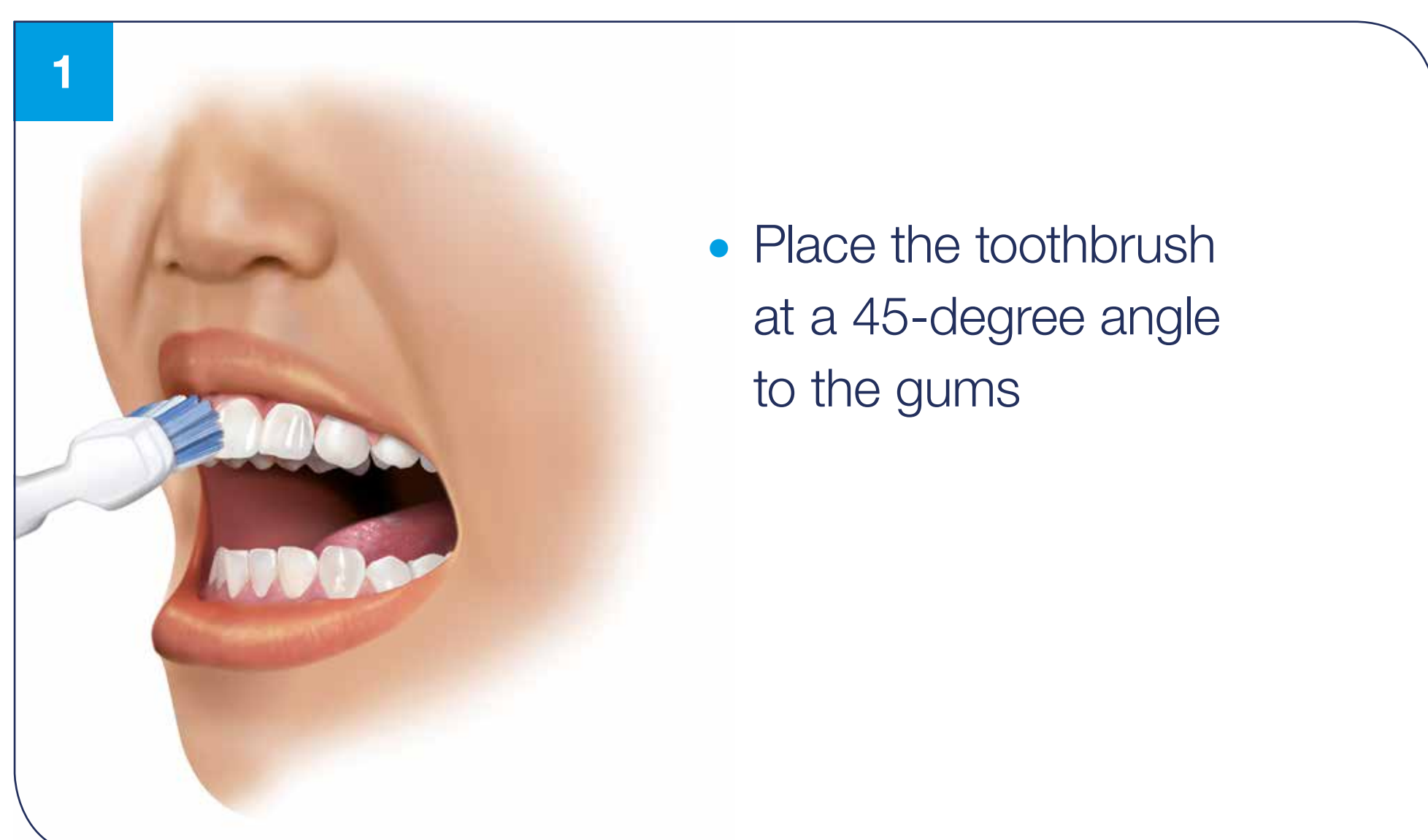


Toothbrushing advice¹⁻⁵

- ✓ Brush **twice a day, everyday** with a fluoride toothpaste
 - ✓ Once last thing at night and one other time
- ✓ **Replace your toothbrush** regularly (every 1–3 months)¹
- ✓ Ask your dentist about the best **brushing technique** for you
- ✓ **Reduce sugary foods** and drinks and don't brush straight after eating

Here is an example of brushing technique:



References:

1. Public Health England, Department of Health Delivering better oral health: an evidence-based toolkit for prevention. 2017
2. <https://www.bda.org/brushing>
3. <https://www.dentalhealth.org/>
4. <https://www.mouthhealthy.org/en/az-topics/b/brushing-your-teeth>
5. <https://www.ada.org.au/Your-Dental-Health/Adults-31-64/brushing>