

# Tips for brushing teeth

Brush for two minutes, twice per day; once in the morning and once at night.

Choose a toothbrush with a small head and soft bristles.

Follow the same brushing routine every day. This can help to make sure you reach every tooth.

Hold the toothbrush at a 45-degree angle towards the gums and brush gently in small circles or a back-and-forth motion.

Do not scrub from side to side, this can damage your teeth and gums.

Gently brush the top of your tongue.

After brushing, spit out the toothpaste but do not rinse your mouth with water.

1<sup>IN</sup>5

Aussie adults  
brush only once  
per day



Watch this video  
for pro tooth  
brushing tips

## Replace your toothbrush

- Once the bristles spread apart and sit outside the plastic base of the toothbrush's head,
- after having a cold, the flu or a sore throat, or
- every three months.

## Use a fluoride toothpaste

- Fluoride helps to prevent tooth decay. It can also stop tooth decay from getting worse when it is just starting to develop.
- Both children and adults are recommended to use fluoride toothpaste.
- 'Children's' toothpaste is recommended for kids aged 18 months to 6 years. These toothpastes have less fluoride.
- If you are at high risk of developing tooth decay, your dentist may recommend that you use a high strength fluoride toothpaste.

