How to brush your teeth

Do Not Scrub Teeth; Brush Teeth Instead

With a soft or electric toothbrush, place the bristles at a 45 degree angle to the gum line as seen in this picture. Pressing lightly spread bristles and brush in small circles.

Brush in circles or small back-and-forth motions, then brush the outside, inside and tops of the upper teeth.

Brush the outside of the bottom teeth, then tops of the bottom teeth and then the inside the bottom teeth.