

love your toothbrush
use it twice a day



Love your toothbrush – make a date to see it twice a day!

Remember when choosing your toothbrush it's not how fancy or expensive it is, it's what you do with it that counts.

Choose a brush with a head small enough to reach all areas of your mouth easily. For children, be sure to use a child size toothbrush. Ensure the bristles are soft to medium to prevent damaging your gums.

Brush your teeth for two minutes, twice a day with a fluoride toothpaste (at least 1000ppm), in the morning and last thing at night.

Use a pea sized amount of fluoride toothpaste, or just a smear if under 2 years, and **don't** rinse after brushing – let the toothpaste do it's job. Supervised brushing is recommended for children under 8. Ask your dentist, pharmacist or health visitor if you are not sure about the toothpaste you use.

Change your toothbrush at least every 3 months or when the bristles show signs of wear.