

HUMAN TEETH BRUSHING RECOMMENDATIONS



UP & DOWN

BRUSH THE OUTSIDE SURFACE OF ALL TEETH USING UP AND DOWN MOTION.



CIRCULAR

BRUSH THE OUTSIDE SURFACE OF ALL TEETH USING CIRCULAR MOTION.



UP & DOWN

REPEAT FOR INNER SURFACE OF ALL TEETH USING UP AND DOWN MOTION.



CHEWING SURFACE

BRUSH THE CHEWING SURFACE USING DIAGONAL MOTION.



BRUSH THE TONGUE

BRUSH THE TONGUE SURFACE USING CIRCULAR MOTION.

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