

# DO YOU WANT A BEAUTIFUL SMILE?

## JUST FOLLOW THESE SIMPLE STEPS



CORAL DENTAL  
CENTER

1

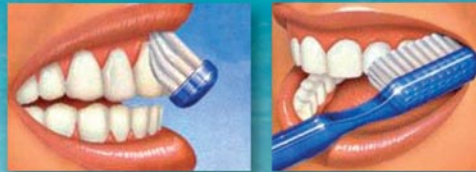
Use a soft toothbrush with a small amount of toothpaste. Place the bristles where the gums and teeth meet



45°

2

Brush downwards from the upper teeth



3

Brush upwards from the lower teeth



4

Use circular movements on the top of the molars



### TIPS

- We always recommend to follow the same steps when you clean your teeth. Start with the top row on one side and finish on the opposite side. Then continue with the bottom row in the same way, first the outside and then the inside. Following with the molar tops, and finally brush the tongue.
- Brush in specific areas of approximately 2 to 3 teeth.
- Make 7 movements per area.
- Keep 2 or more brushes (at home, office, locker, car, etc)
- Make stronger movements at the beginning to train your hand to move in the correct way.

Remember to brush every tooth slowly, and to brush your tongue too. Rinse well with water, and that's it, your mouth is clean!

**Take Care of your Teeth!**