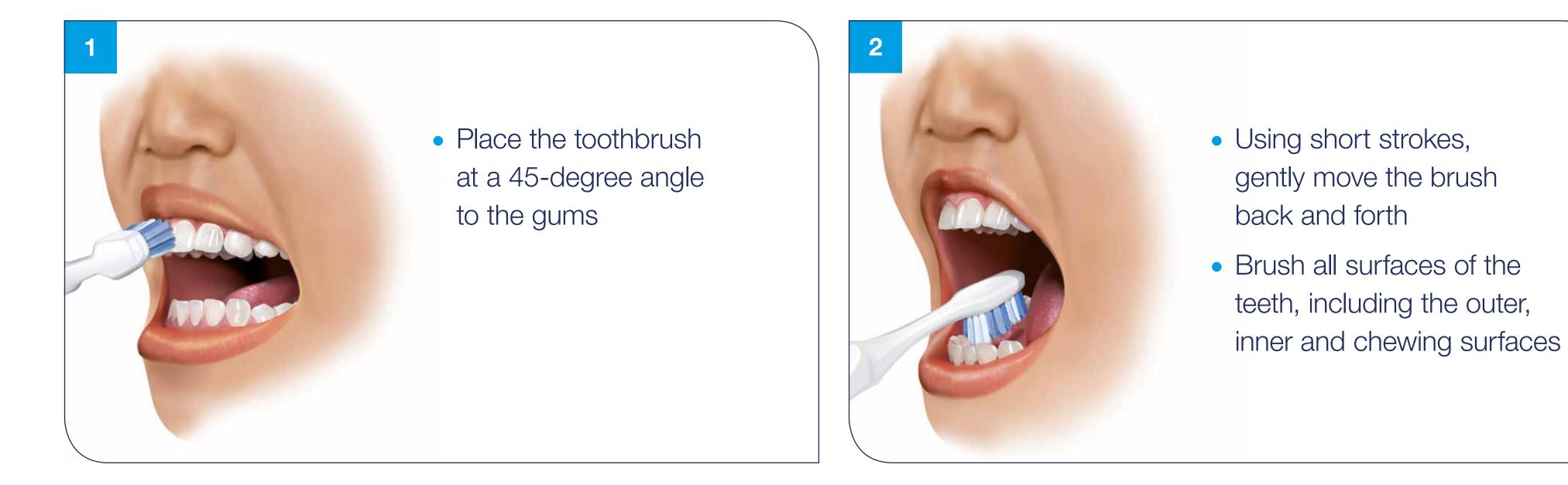


Toothbrushing advice¹⁻⁵

Brush twice a day, everyday with a fluoride toothpaste \checkmark

- Once last thing at night and one other time
- Replace your toothbrush regularly (every 1–3 months)¹
- Ask your dentist about the best **brushing technique** for you \checkmark
- Reduce sugary foods and drinks and don't brush straight after eating

Here is an example of brushing technique:











parodontax



References:

- 1. Public Health England, Department of Health Delivering better oral health: an evidence-based toolkit for prevention. 2017
- 2. https://www.bda.org/brushing
- 3. https://www.dentalhealth.org/
- **4.** https://www.mouthhealthy.org/en/az-topics/b/brushing-your-teeth
- 5. https://www.ada.org.au/Your-Dental-Health/Adults-31-64/brushing

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