DELTA DENTAL®

# How to Brush

Maintain a regular dental hygiene routine to keep your teeth and gums healthy



## For two minutes

Use a timer to make sure you are brushing long enough.

## After eating

Remove food particles to prevent the buildup of plaque.

## In small circles

Don’t scrub teeth up and down or back and forth.



## With moderate pressure

Brushing too hard can damage your gums.

## And floss!

Floss gets into the crevices your toothbrush can’t reach.

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