

How To Brush Your Teeth

Things You'll Need...

- A toothbrush (dentists recommend electric, but a manual will work as well)
- Toothpaste
- Source of water
- A drinking glass
- A sink (optional if camping)

Step #1: Dampen bristles of toothbrush with water. Slightly squeeze pea size amount of toothpaste onto bristles.

Step #2: Put the toothbrush in your mouth. While applying gentle pressure, run the bristles vertically, up and down, on the front side of your top teeth, up to your gum, and back down again. Start in the back of your mouth, spending at least 2 seconds on each tooth, and work your way to the front, then to the back teeth on the other side of your mouth.

Step #3: Clean the back side of your top teeth the same way. Rotate toothbrush 45 degrees and rub the bristles over the bottoms of your top teeth and the roof of your mouth.

Step #4: Repeat above, this time brushing your bottom teeth. Gently brush your tongue with the bristles.

Step #5: Spit excess toothpaste into the sink. Partially fill the drinking glass with water. Take a sip of the water and swish it around in your mouth. Spit into the sink and repeat until the gritty toothpaste taste is out of your mouth.

Step #6: Rinse toothbrush thoroughly with water. Empty excess water from the drinking glass.

Step #7: Proceed with other dental hygiene methods such as mouthwash and dental floss as recommended by your dentist.

Tips and suggestions...

- Dentists recommend brushing at least twice a day.
- After brushing, be sure to make flossing and mouthwash a part of your daily routine.
- Store your toothbrush in a clean, dry area. Studies suggest germs from the toilet can travel up to 5 feet.
- DO NOT place your toothbrush in a plastic bag or other closed container where it cannot dry. Mold will grow.