

# Tooth-brushing *truth*

CLEAN  
TEETH  
ARE  
HEALTHY  
TEETH.



## Change your toothbrush with the seasons.

Don't wait until your 6-month dentist visit to get a new toothbrush. You should change your brush every 3 months, or sooner if it starts to fray.

## You're probably using too much toothpaste.

Adults and children over 3 years of age only need a pea-sized amount of fluoride toothpaste. For children younger than 3, the toothpaste should be the size of a grain of rice.

## Don't scrub so hard.

Choose a soft-bristled brush and don't overdo it. Brush hard enough to clean the film off your teeth, but be gentle.

## Power brushes can give you a hand.

Manual brushes clean well, but power brushes have their place, too. If you have trouble brushing on your own or tend to have a lot of plaque, try a power brush.

