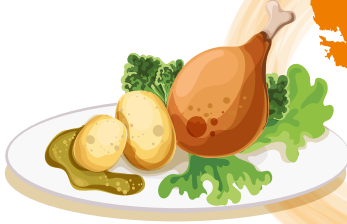
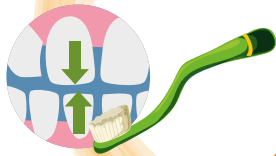


**REMEMBER TO BRUSH  
YOUR TEETH AFTER  
EVERY MEAL**



**HOW? OUTSIDE AND INTERNAL  
SURFACE OF TEETH**

Brush from the red to the white that is from your gum towards your tooth



**HOW? SURFACE  
OF THE CHEWING**

With a movement  
of rotation



**HOW LONG?  
Two MINUTES  
at least**



**HOW HAS TO BE  
YOUR BRUSH?**

With flexible and soft  
bristles and proportioned  
to the size of your mouth



**I HAVE TO CHANGE  
IT WHEN?  
Every three  
months**

**AND THE TOOTHPASTE?  
The one with fluoride  
is better, the size  
of a lentil**

**IT IS IMPORTANT THAT AT  
NIGHT YOUR MOUTH IS CLEAN**

Do not eat (Eat nothing)  
after you have washed  
your teeth

