

Oral Health through Everyday Care

Toothbrushing technique

- Always use a SOFT toothbrush
- Use a fluoride toothpaste
- Brush twice a day
- Don't apply pressure – let your brush do the work!



Place brush at 45 degree angle to the gum – use gentle circular motion at the gumline



Brush the outside surfaces and the inside surfaces of all the lower teeth



Brush the outside surfaces and the inside surfaces of all the upper teeth



For the chewing surfaces, use a firm back and forth motion

Colgate Consumer Information Service (Free Call)

AUS

1 800 802 307

NZ

0800 441 740

This brochure is brought to you by the Dental Hygienists' Association of Australia Inc. and Colgate.



Colgate

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Partners**

Partnering with health professionals
to keep you healthy throughout life.

Always read the label • Use only as directed • See your health care professional if symptoms persist
TMs "Colgate Total", "Colgate 360°", "Savacol", "Colgate Peroxyl" and "My First Colgate" Reg

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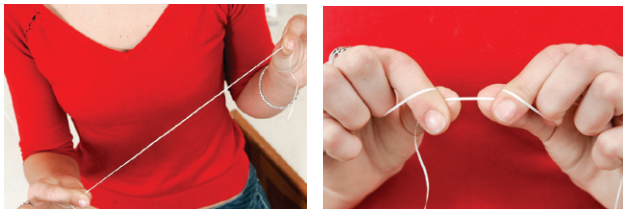
Use floss to clean where your toothbrush can't reach

- Take about 50cms of floss and wind the ends around the middle or index fingers
- Grip the floss firmly with the index finger & thumb
- Guide the floss between the teeth using a gentle sawing motion. Be careful not to snap the floss onto the gums
- Gently scrape each tooth using an up and down motion but be careful not to snap the floss onto the gums



Disclosing tablets

- Disclosing tabs can help you see plaque and improve your brushing and flossing



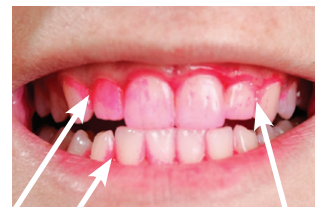
Up and down on one tooth



Up and down on the other tooth



Before disclosing



After disclosing
(showing plaque)