Brush carefully for 3 to 5 minutes to remove plaque and food particles and keep your teeth and gums healthy.

1. Place the bristles at a 45 degree angle to the teeth. Slide the tips of the brush bristles under the gums.

2. Jiggle the bristles gently in small circles so that any plaque under the gum will be removed.

3. Be sure to brush both the outside and the tongue side of your teeth.

4. Brush the chewing surfaces of your teeth with a back and forth motion.

5. Brush the tongue side of your front teeth with the end of the brush, cleaning one tooth at a time.

6. Brush your tongue to remove germs and to make your breath fresh.