



# BRUSHING WITH ELECTRIC AND BATTERY BRUSHES



Due to the small heads and action of these brushes, plaque removal is good, helping us to have healthier teeth and gums.

**1**

Brush in the morning after breakfast and at night before bed.



All you need is a pea sized amount of toothpaste.



Small children only need a smear of toothpaste.



**2**

Place the toothbrush against your gum. Switch on and gently start to roll the brush head around the teeth.



**3**

Always start on one side of the mouth and work your way around.



Remember to clean all tooth and gum areas.

**4**

Don't hurry, brushing should take 2 minutes.



Check if your brush has a timer.

