

TOOTHBRUSHING? MASSAGE

DON'T SCRUB!

YOUR GUMS & TEETH
WILL BE FOREVER
GRATEFUL

Why should I think about MY GUMS when I brush?



Your gums cover
1/3 of your teeth



They **protect sensitive roots** and **bone tissue** which hold your teeth upright



Plaque tends to accumulate **along the gum line**

How can vigorous brushing with a hard brush hurt my gums & teeth?



Can cause gums to **recede irreparably**



Can expose **sensitive tissue**



Can open the door for **harmful bacteria** to enter the rest of your body

WHAT CAN I DO?



Use an extra soft brush and clean gently using **circular motions**



Always brush **along the gum line**



Always clean **between your teeth**