

## HOW TO BRUSH WITH AN ELECTRIC TOOTHBRUSH

You can achieve better plaque removal and gingivitis reduction with an electric toothbrush that utilizes oscillating-rotating technology than with a regular manual toothbrush.

This brushing action is very different from ordinary manual toothbrushes, as it does the job of brushing for you. Be sure to guide the brush head to all parts of your mouth.



Step 1



Step 2



Step 3

### Rotating Electric Toothbrush Instructions

**Step 1:** Hold the brush parallel to the floor, against the side of your teeth.

**Step 2:** Guide the brush head slowly from tooth to tooth, following the curve of the teeth and gums. It isn't necessary to press hard or scrub. Simply let the electric toothbrush do all the work. Hold the brush head in place for a few seconds before moving on to the next tooth.

**Step 3:** Don't forget to reach all areas, including the insides, outsides, chewing surfaces, and behind your back teeth.

Refer to the brushing instructions supplied with your electric toothbrush for additional information.

Remember, you have the "power" to keep your teeth as plaque-free as possible at home, helping to protect your teeth and gums for a lifetime.

### We recommend you try these products:

Oral-B Electric Rechargeable Toothbrush:

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Oral-B Manual Toothbrush:

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Crest Toothpaste:

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Crest and Oral-B Mouthwash:

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Oral-B Floss:

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