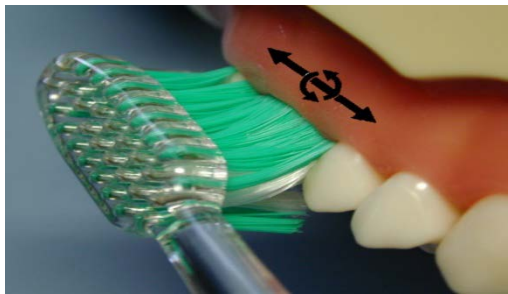


# Smile Proud

Improving Oral Health Among Texas Nursing Home Residents

## How to brush your teeth



**Do Not Scrub Teeth; Brush Teeth Instead**

With a soft or electric toothbrush, place the bristles at a 45 degree angle to the gum line as seen in this picture. Pressing lightly spread bristles and brush in small circles.

Brush in circles or small back-and-forth motions, then brush the outside, inside and tops of the upper teeth



Brush the outside of the bottom teeth, then tops of the bottom teeth and then the inside the bottom teeth

