

Title	Procedure: How to Brush Your Teeth
Materials (Inclusive of equipment and ingredients)	Materials Needed: <ul style="list-style-type: none"> ● Toothbrush (soft-bristled recommended) ● Fluoride toothpaste ● Dental floss (optional) ● Mouthwash (optional)
Steps	Instructions: <p>Squeeze a pea-sized amount of toothpaste onto the bristles of the toothbrush.</p> <p>Wet the bristles under running water.</p> <p>Hold the toothbrush at a 45-degree angle to the gums.</p> <p>Start with the outer surfaces of the teeth.</p> <p>Use gentle, circular motions to brush each tooth individually. Pay special attention to the gumline and back molars.</p> <p>Brush the inner surfaces of the teeth using the same circular motions.</p> <p>Clean the chewing surfaces with back-and-forth motions.</p> <p>Use the toothbrush or a tongue scraper to gently clean the tongue.</p> <p>Rinse the mouth thoroughly with water to remove toothpaste and debris.</p> <p>Optional Steps:</p> <p>Floss between teeth and along the gumline.</p> <p>Use mouthwash to swish for about 30 seconds.</p> <p>Rinse the toothbrush under running water.</p> <p>Store the toothbrush upright to air dry.</p> <p>Rinse out the sink and put away dental supplies.</p>
Extra Notes / Tips	Brush teeth at least twice a day, ideally in the morning and before bed.

What are the materials needed to brush your teeth?

- Toothbrush
- Fluoride toothpaste
- Dental floss
- Mouthwash

How much toothpaste should be squeezed onto the toothbrush?

pea-sized amount

At what angle should the toothbrush be held to the gums?

45-degree angle

What kind of motions should be used to brush each tooth individually?

circular motions

Which areas of the mouth should receive special attention while brushing?

gumline and back molars.

What is the purpose of cleaning the tongue?

Removing bacteria

What are the optional steps mentioned in the procedure?

It shows you how to brush your teeth

How long should mouthwash be swished for, according to the optional steps?

30 seconds

How should the toothbrush be stored after use?

Rinse the toothbrush under running water.
Store the toothbrush upright to air dry.

How often should teeth be brushed according to the extra notes/tips?

Brush teeth at least twice a day, ideally in the morning and before bed.