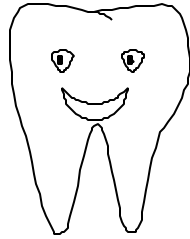# Clean Teeth

How Can I Keep My Teeth Healthy?

Brush and Floss Every Day

1. Use a soft-bristled nylon brush

2. Hold the brush at an angle next to the teeth

3. Brush back and forth and in little circles

4. Clean all sides of all of your teeth

5. Brush your tongue

6. Use dental floss at least once a day to remove plaque from between your teeth