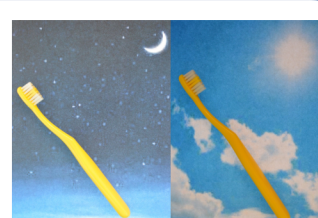




Toothbrushing for Older Adults



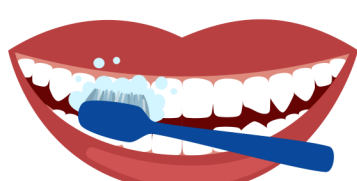
**Brush your teeth twice a day,
before bed and at one other time**



Spit don't rinse



Toothbrushing



Toothpaste



**Use a toothbrush with
a small-medium head
and soft-medium
bristles**



**Consider using an
electric
toothbrush or
adapted
toothbrush**



**Brush in small,
circular movements
on the outside,
biting and inside
surfaces of the teeth**



**Use a toothpaste
containing at least
1350 ppm of
fluoride**



**Use a pea-sized
amount of toothpaste**



**Consider using a
toothpaste for sensitive
teeth**



Visit the dentist regularly, as often as recommended

