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مستشفى زليخة
لأن صحتك غالية

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Brushing Technique

Simple Steps of Brushing

1

Clean the outside of all upper teeth with short, gentle, vibratory, back and forth strokes paying special attention to the areas where teeth and gums meet.



2

Clean the inside surface of all upper teeth with the same short, gentle, vibratory back and forth strokes.



3

Repeat vibratory back and forth strokes on the outside and inside surfaces of all upper and lower teeth.



4

Cleaning the inner surfaces of both the upper and lower teeth is easier when the brush is tilted.



5

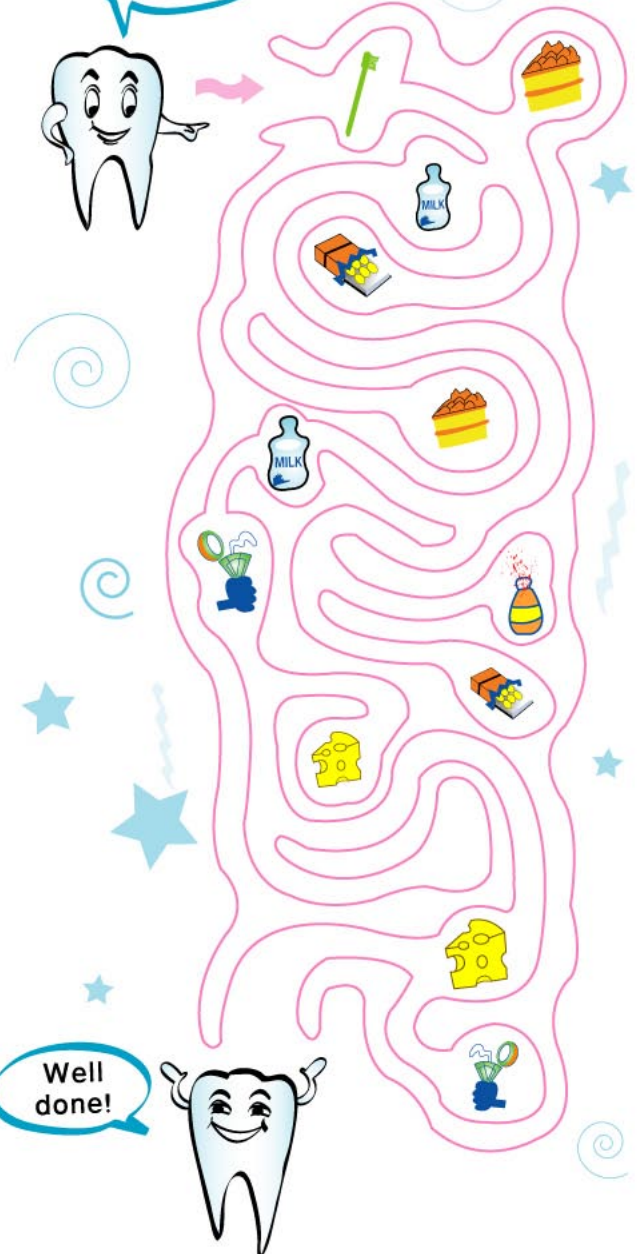
Brush the biting surface of both upper and lower teeth with short gentle, vibratory, back and forth strokes.



Clean Teeth Gang Maze



Hey Dudes.
Start here!



Well
done!





طريقة تنظيف الأسنان



خطوات بسيطة لتنظيف الأسنان

