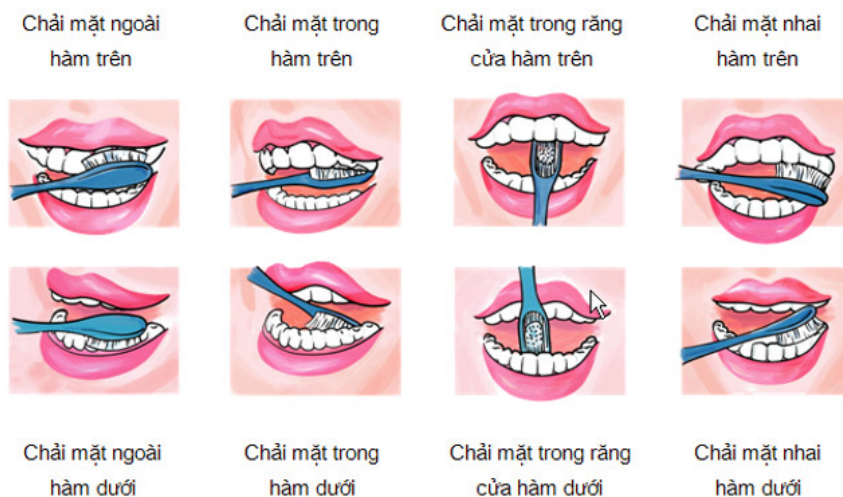


The dentist instructs how to brush teeth properly

Brushing your teeth properly helps you reduce the risk of dental diseases such as tooth decay, gingivitis, etc. Conversely, if you brush your teeth the wrong way but do not clean your teeth but also wear away the enamel layer, damage Gums, gingivitis and gum recession. So, how to properly brush and brush teeth?

Brushing teeth is the most important job of every person to take care of their teeth every day. But not everyone knows how to brush teeth properly to achieve the best effect.

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Proper brushing process

The video below, the dentist will give you detailed instructions on how to properly brush the teeth and the notes when brushing your teeth: place the brush 45 degrees, brush the front teeth, shake the brush 20 times and brush it down, . help you take care of your teeth properly and best.

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