Caring for my teeth

After brushing

Floss
Toothbrush
Mouthwash
Interdental Brusher

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After I brush my teeth, I can finish cleaning them using:

- Dental floss
- A water jet
- An interdental brush
- Mouthwash
- I take the dental floss between my two fingers.
- I gently pull the floss backwards and forwards between each of my teeth. I don’t pull too hard so I don’t hurt my gums.

- I pull the floss to take it out of my mouth.
The interdental brush

- I gently slide the interdental brush between each of my teeth.
  I brush gently so I don’t hurt my gums.

Mouthwash

- I put a little of the mouthwash into a glass, then I add a little water.

- I put the product into my mouth, then I rinse and spit it out.
  I must not swallow the mouthwash.
I use a machine that sprays water.

I fill the tank with water
Not too cold, not too hot.

I put the nozzle onto the handle.
The machine squirts water. It makes a noise and it tickles!

I keep my mouth open. I do not swallow the water, it falls into the sink.

Any small bits of food fall into the sink.

I press the button to switch it off.

I empty the water tank.
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