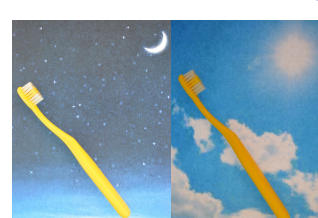




# Toothbrushing for Older Adults



**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**

