

Finally dry your mouth completely with the towel.

Then quickly wash any toothpaste from around your mouth with water.

A tube of toothpaste

A toothbrush

Water

A towel

After that rinse the toothbrush under the tap.

Keep brushing carefully for two minutes.

How to clean your teeth

Next brush the toothpaste all over your teeth.

What you do:

Then turn on the tap and wet the toothbrush.

What you need:

First, squeeze a small amount of toothpaste onto the brush.