

Oral Health – Brushing Demo

| Block | Visuals | Script | Time |
|-------|--|--|------|
| 02 | Oral Health segment Opener "How to brush your teeth" | | |
| 03 | Pictures - healthy smiles | Brushing your teeth twice a day is the single most important thing you can do for your oral health, and most of us don't even do it correctly. | |
| 04 | Pictures - people brushing | Brushing your teeth correctly aids in removing plaque and other debris that remain on your teeth that lead to tooth decay and periodontal disease. | |
| 05 | TEXT ON Screen: "step 1" 3d animation - toothbrush and toothpaste | First you must choose a soft-bristled toothbrush, and use a pea sized amount of American Dental Association approved toothpaste. | |
| 06 | Text on screen: "step 2" 3d animation - toothbrush and teeth | Start brushing! Hold your toothbrush at a 45 degree angle to the gums. Use short gentle strokes and a sweeping movement, away from the gums, to clean the outside and inside surfaces of the teeth, as well as the chewing or "horizontal" surfaces. | |
| 07 | Text on screen: "step 3" 3d animation - toothbrush and teeth | To clean the inner front tooth surfaces, hold the brush upright and use gentle up and down strokes with the tip of the brush. | |
| 08 | 3d animation toothbrush and teeth | Don't forget to brush along the gumline, and make sure you reach the teeth right at the back. Also, gently brushing your tongue will help remove bacteria that can cause bad breath. | |
| 09 | Text on screen www.TRICAREdentalprogram.com | To get more tips on caring for your smile visit TRICARE Dental Program dot com. | |