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## I brush my teeth right after eating. When do you brush yours? (1965)

American Dental Association

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*I brush my teeth  
right after eating.*

*When do you brush yours?*



# Why should we brush our teeth right after eating?

Do you know that there are germs in our mouths all of the time?

Some of these germs make acids from the food left between our teeth.

The acids injure the enamel of the teeth. Then decay begins, and cavities are formed.

Brushing helps remove the food from between the teeth. Then the germs cannot make acids

Sometimes we can't brush our teeth after eating. Then we should rinse our mouths with water