



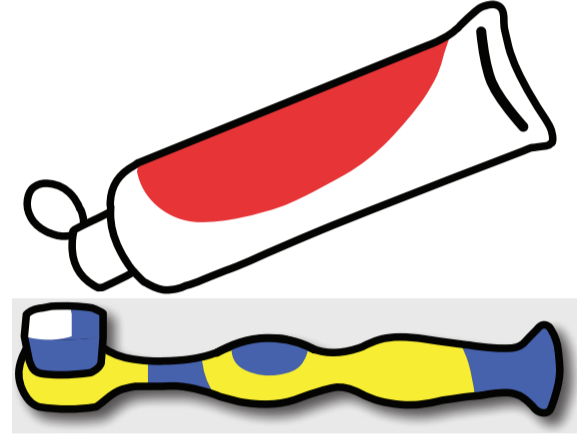
# Tish Galaktikasining Qahramoniga Aylan!



Tishlarni qanday qilib to'g'ri tozalash kerak?

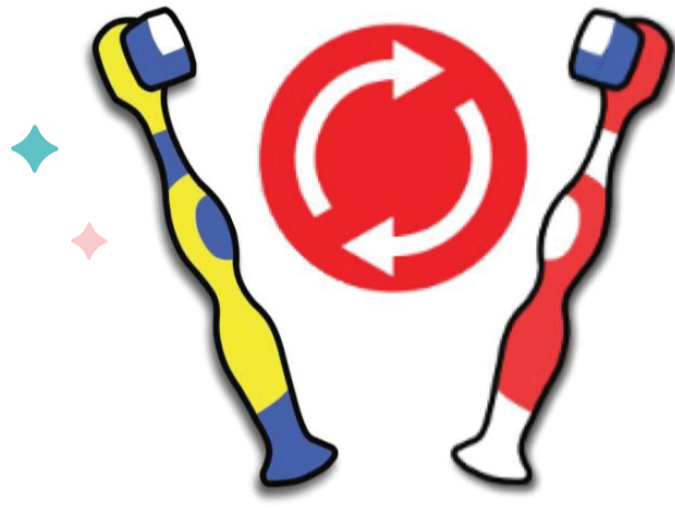
1

Ftorli tish pastasi bilan tishingni kuniga 2 marta yuvgin: nonushtadan so'ng hamda uxlashdan oldin



2

Tish cho'tkangni har 3 oyda almashtir



3

Tish oralaridagi karashni tozalash uchun har kuni tish ipidan foydalan



4

Tishni har safar tozalagandan so'ng ftoridli og'iz chayish suyuqligi bilan chayib tashla



5

Shirinlik va gazli suvlarni kamroq iste'mol qil - ular tishlarga zarar yetkazadi!



6

Dadil bo'l - yiliga 2 marta stomatolog ko'rigidan o'tgin



1

## Tashqaridan

Har bir tishni milklardan tishning chetiga qarab, tepadan pastga ishqab tozala



2

## Ichidan

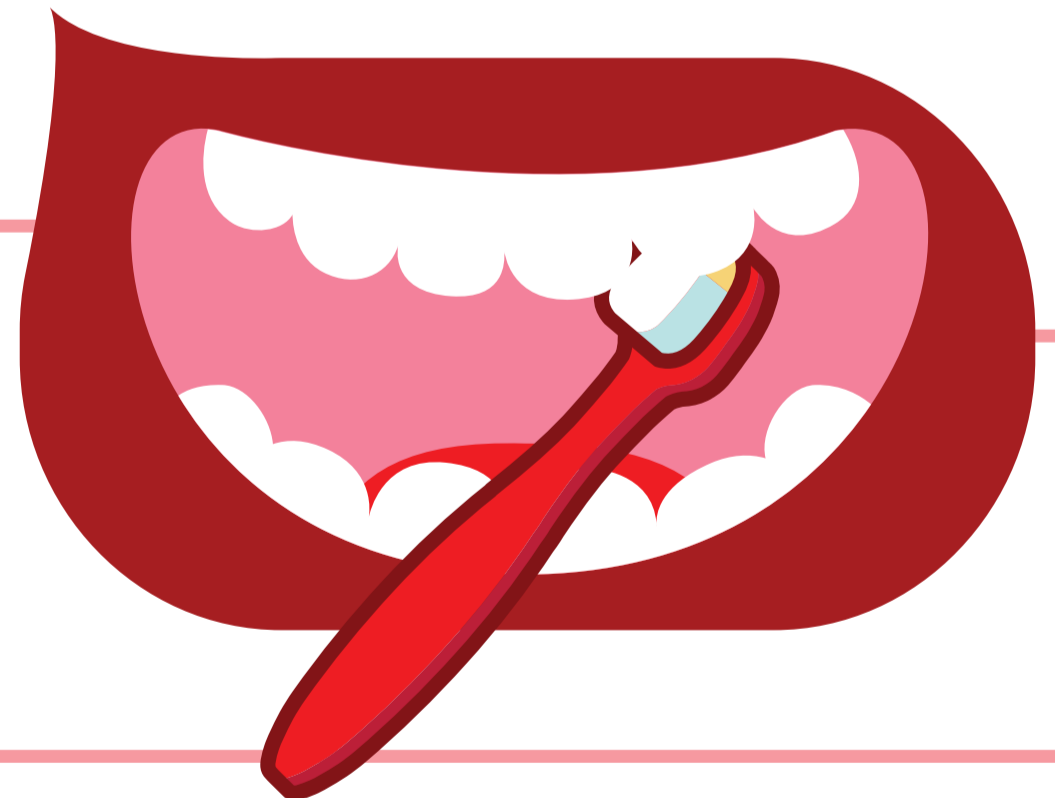
Har bir tishning ichki yuzasini milkdan tishning chetiga qarab supurgan holda tozala



3

## Jag' tishlar

Har bir tishning chaynash yuzasini oldinga va orqaga harakatlantirib tozala



4

## Old tishlarning ichki yuzasi

Tish cho'tkasining uchidan foydalanib, tepa va pastgi old tishlarning ichki devorini supurgan holda tozala



5

## Til

Tilingni tozalashni unutma

Tishlaringni tozalayotgan paytda suv jo'mragini yopishni unutma

