

# HOW TO BRUSH

1



Use a pea-sized amount of fluoride toothpaste on a soft brush.

2



Thoroughly brush all surfaces of your teeth and along the gumline.

FRONTS

3



INSIDES

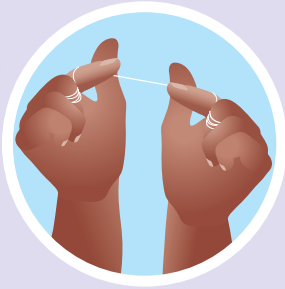
4



CHEWING SURFACES

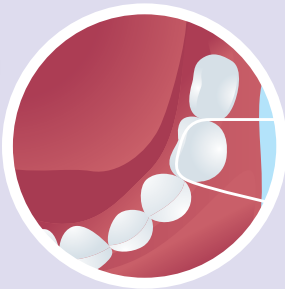
## HOW TO FLOSS

1



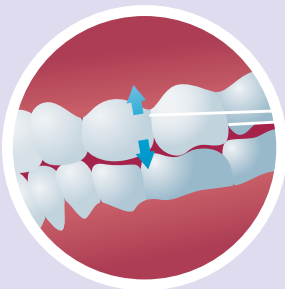
Use enough floss so that you can wrap it around your middle fingers. Use your thumbs and index fingers to guide the floss.

2



Gently ease the floss between two teeth and form a 'C' shape against the surface of one tooth.

3



Pull the floss so that it is tight around the tooth. Gently guide it up and down from the chewing surface to under the gum.

Repeat for all teeth. Don't forget to floss the back of your last teeth.