

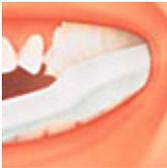
How to Brush Your Teeth



1. To avoid gum and tooth enamel damage use a brush with soft bristles. Change your brush when the bristles are worn or every three months, whichever come first.



2. **Front teeth** - Keep your brush at a 45 degree angle. Use gentle, circular motions over one or two teeth at a time.



3. **Back teeth** - Using the same gentle, circular motions slowly work the brush across all of your back teeth. Remember to keep the brush at a 45 degree angle.



4. **Inside back teeth** – Keep your tooth brush in contact with the inside of your teeth and gum line and use a short gentle rolling motion, covering one or two teeth at a time.



5. **Inside front teeth** – Hold brush vertically and use a gentle up and down motion, moving along the inside surfaces of all the front teeth (top and bottom).



6. **For chewing surfaces** - Hold the brush flat and use short scrubbing motion over one or two teeth at a time.

7. Finish by holding your brush flat, and brush your tongue and the roof of your mouth with short scrubbing motion. Brushing your tongue will get rid of the odor causing bacteria that causes bad breath.

How to floss:



1. Break off approximately 18 inches of floss and wrap most of it around your middle fingers.



2. Gently slide floss between teeth with a back and forth motion, starting with your two top front teeth.



3. Gently work the floss to the intersection of the teeth and gums. Drag the floss along your tooth and lightly move the floss up and down against the tooth at the same time. Do not force the floss under the gums too hard as it will cause bleeding and soreness.



4. Use a fresh section of the floss each time you move between a new set of teeth. Remember to wrap the remaining floss around your middle fingers each time.