



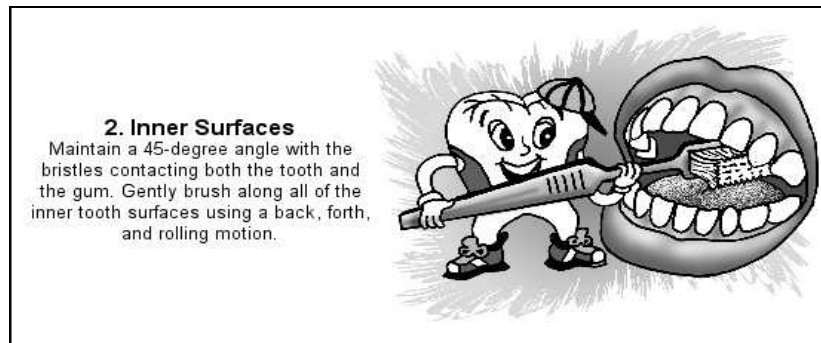
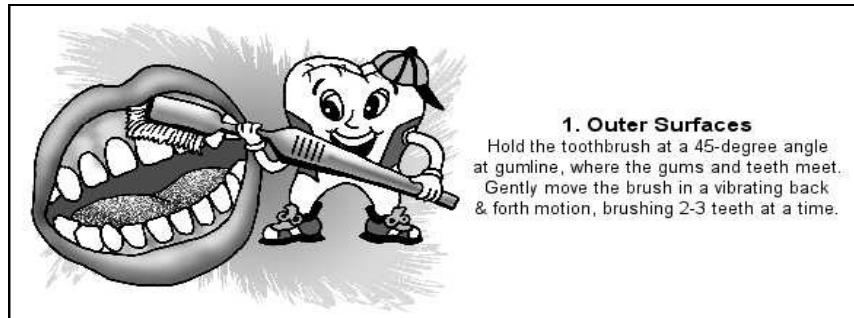
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## HOW TO BRUSH AND FLOSS


Proper brushing removes plaque from inner, outer and chewing surfaces of teeth. You should spend at least 2 minutes twice a day brushing.

It's simple

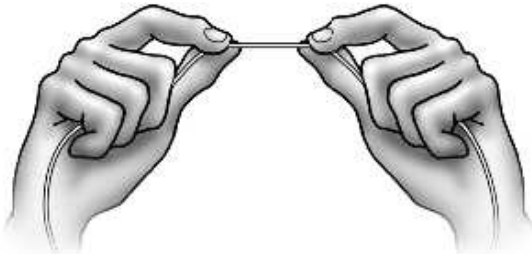
- Prepare the toothbrush with a pea size drop of toothpaste.
- Use a timer set for two minutes and begin brushing.



**4. Chewing Surfaces**  
 Use a gentle back & forth scrubbing motion to clean the biting surface of the teeth. Don't forget to brush behind the back teeth!




If you did a good job the timer will ring as you finish.  
 Flossing removes plaque between the teeth and at the gum line where a toothbrush can't reach.  
 Brushing without flossing is like not cleaning several of your teeth!




**1. Prepare the Floss**  
 Tear off a length of floss, about 18-inches or the length of a child's arm, and wind it around the middle fingers of both hands. Leave a 2-inch section between the fingers.

**2. Guide the Floss**  
 Holding the floss taut between the fingers, use the index fingers to guide the floss between the lower teeth and the thumbs to guide the floss between the upper teeth.



Use a gentle zigzag motion to guide the floss until it rests on the gum. Do not snap floss between your teeth!



**3. Cleaning with Floss**  
 Curve the floss around in a c-shape. In slow, careful movements, slide the floss up and down against the tooth surface and under the gumline.

**4. Repeat**  
 Move onto the next tooth when you are done. Use a clean section of floss for each tooth. Don't forget to floss behind the back teeth!