



Hamilton

HOW TO BRUSH

Always use a soft or extra soft toothbrush with a pea-sized amount of fluoride toothpaste



- Place the toothbrush at a 45-degree angle to the gums. Move the brush in a circular motion gently along the gumline.



- Brush the outer surfaces, the inside surfaces and the chewing surfaces of all teeth.



- To clean the inside surface of the front teeth, tilt the brush vertically and make several up-and-down strokes.



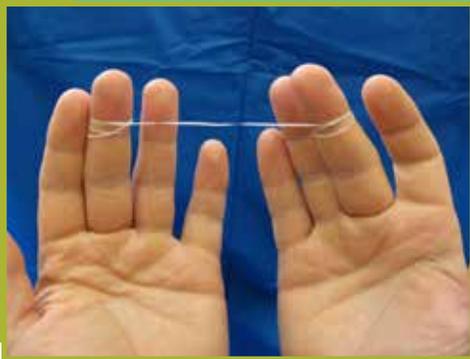
- Brush your tongue to remove bacteria and keep your breath fresh.

Brush
2 times a day
for 2 minutes.

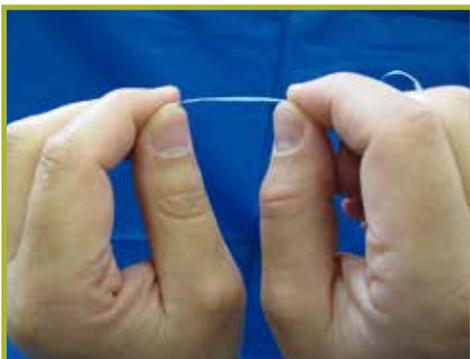
Replace brush
every 3 months, or
more often if bristles
are worn or frayed.

HOW TO FLOSS

It is important to floss once a day to clean in between teeth and under the gums where the toothbrush doesn't reach



- Use about 18 inches of floss wrapped around your two middle fingers.



- Hold the floss tightly between the thumbs and fingers leaving about 1-2" between the fingers. Gently insert it between the teeth.



- Do not snap the floss into your gums.
- Curve the floss into a "C" shape against the side of the tooth.
- Rub the floss gently up and down, keeping it pressed against the tooth and sliding just below the gum.



- Floss all your teeth. Don't forget to floss behind your back teeth.