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.
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.