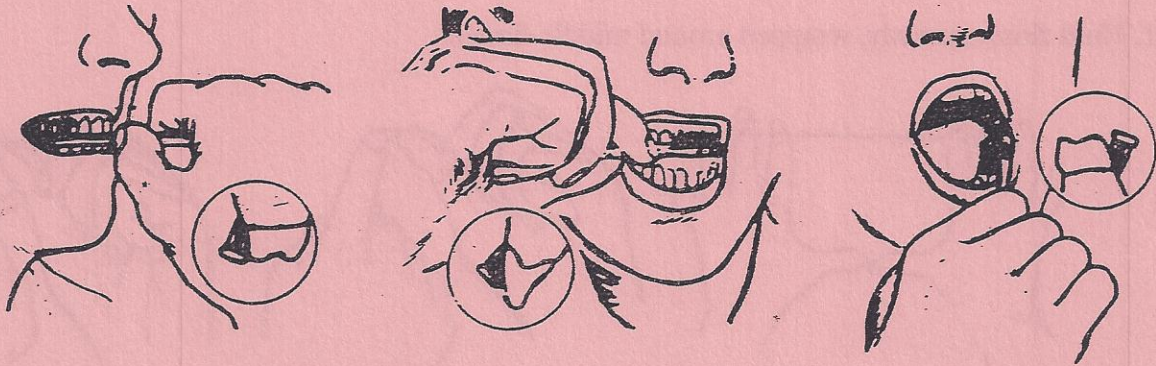


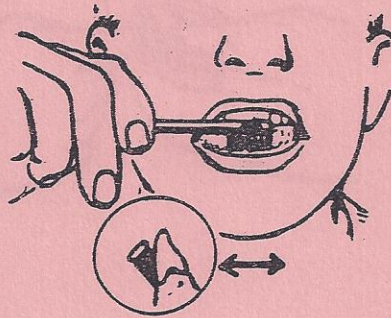
BRUSHING REFERENCE GUIDE

Develop a system so that all areas are brushed thoroughly each time. Start on the inside, brush at the gumline, use a soft brush for 2 minutes.

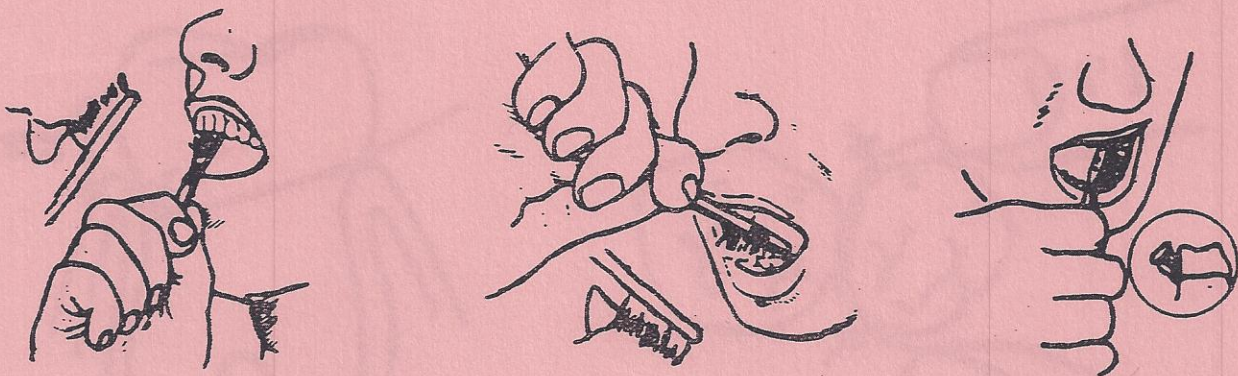
1. Put bristles at gum line at a 45 degree angle, with bristle ends toward gum line.



2. Use gentle back and forth motion



3. Remove plaque from tongue side, use heel of brush in arch areas



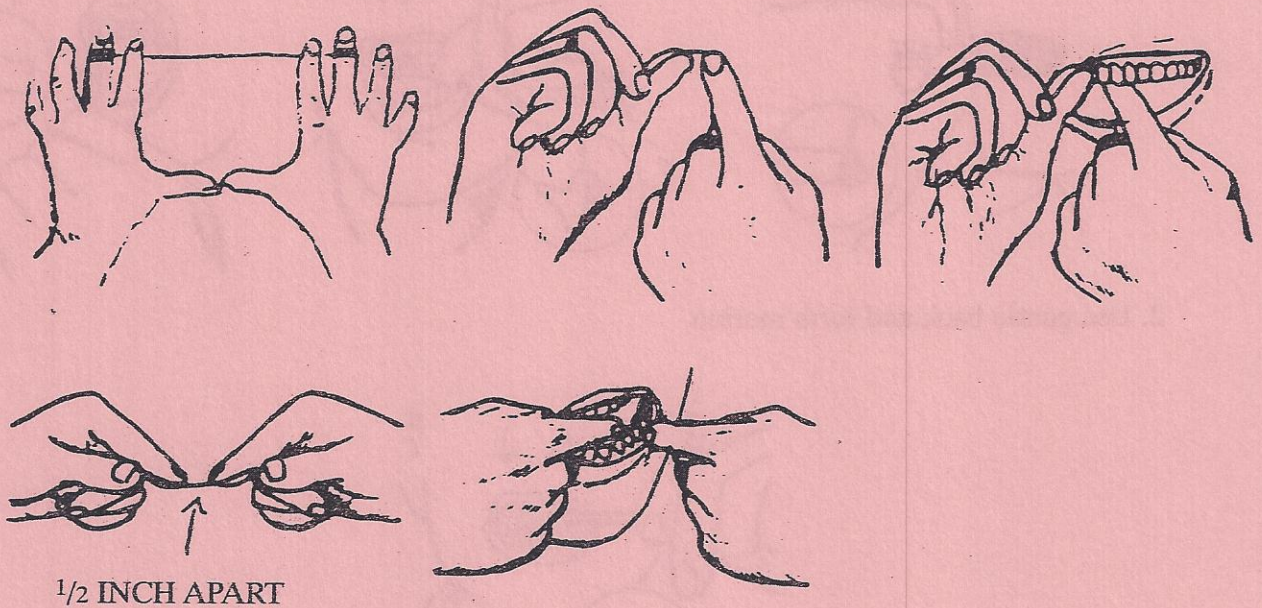
If brushing is difficult, consider an electric toothbrush.

FLOSSING REFERENCE GUIDE

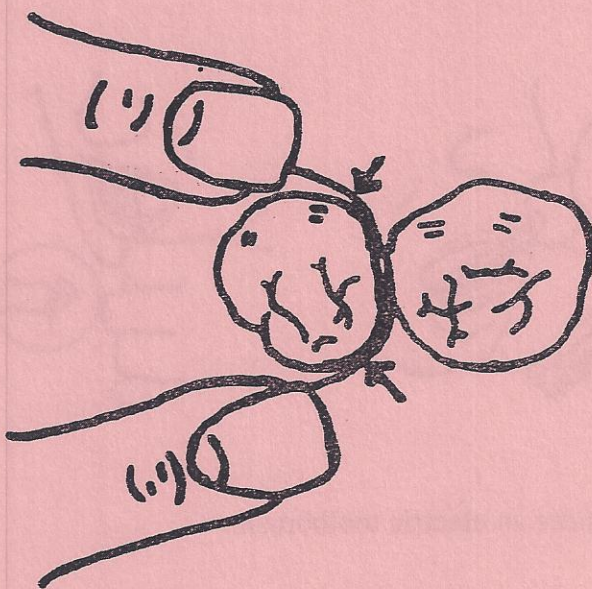
Cleaning between teeth is essential to saving your teeth. Use unwaxed dental floss once each day to remove plaque from the area between the teeth where most disease and mouth odor occurs. If daily flossing is difficult, consider flossing at least twice each week or using Proxabrushes or Stimudents. Also consider using slicker floss such as "Total" or "Glide". Ask us for assistance with any problems cleaning between the teeth.

4 STEP FLOSSING PROCEDURE

1. Hold floss correctly, wrapped around middle fingers



2. Seesaw Gently Between Teeth
3. Wrap around tooth - Tight "C" Shape



4. Floss below gum with 3 up and down strokes

