

## Brushing Instructions

Step One: Place your toothbrush at a 45 degree angle to your gum.



Step Two: Brush gently in circular motions.



Step Three: Brush the outer, inner and chewing surfaces of each tooth.

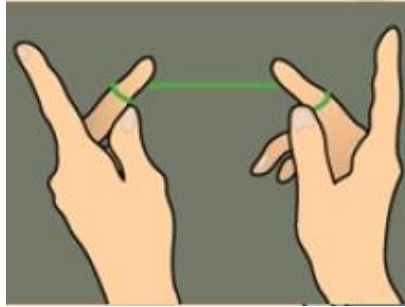


Step Four: Use the tip of the brush for the inside surface of the front teeth.

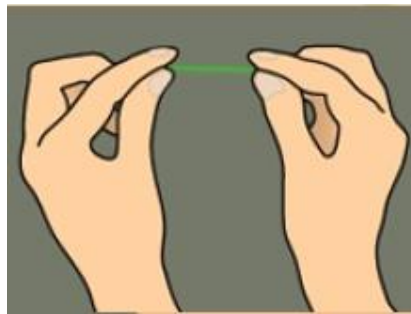


## Flossing Instructions

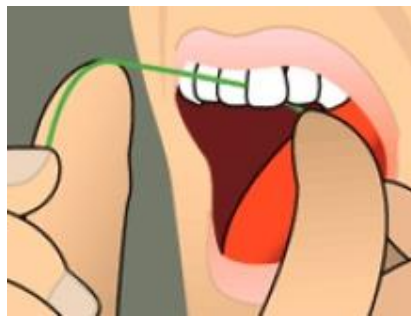
Step One: Wind approximately 18 inches of floss around your fingers, as shown. Most of the floss should be wrapped around one finger, and as the floss is used, the other finger takes it up. We also recommend using pre-threaded flossers to make flossing easier.



Step Two: Use your thumbs and forefingers to guide about 1 inch of floss between your teeth.



Step Three: Holding the floss tightly, gently move the floss between your teeth in a “sawing” motion. Then curve the floss into a C-shape against one tooth and gently slide it beneath your gums.



Step Four: Slide the floss up and down, repeating the steps between each tooth.

