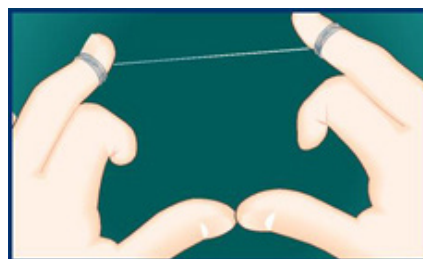


Brushing and Flossing Tips

Brushing



1. Brush at least twice a day for at least two minutes.
2. Use a soft toothbrush and a small amount (pea-sized) of fluoride toothpaste.
3. Brush from your gums towards the chewing surface or in small circular motions.
4. Brush all surfaces and your tongue.
5. Don't share your toothbrush.
6. Replace your toothbrush when it is worn (about three months) or after illness.



Flossing

1. Floss reaches between your teeth where your toothbrush can't to clean all surfaces of your teeth.
2. Floss at least once a day between all teeth.
3. Talk to your dentist for tips on how to use floss.