

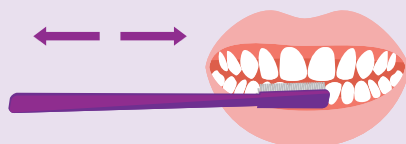
# GUIDE TO BRUSHING AND FLOSSING



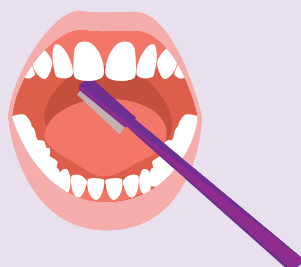
## BRUSHING



- 1 After placing fluoride toothpaste on the toothbrush brush top teeth by pressing gently and using short strokes vibrating back and forth, or a light scrubbing motion. Paying attention to both the outside and the inside of your teeth moving the toothbrush in your mouth. Be sure to brush each tooth.

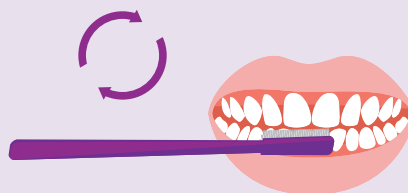


- 2 Continue brushing the bottom teeth, brushing outside, inside, and the chewing parts of your teeth. Be sure to brush each tooth. To freshen breath and remove bacteria, brush the tongue too, since it can harbor many bacteria.



- 3 To freshen breath and remove bacteria brush your tongue back to front.

- 4 For persons with limited dexterity, there are alternate methods of brushing. Using the “roll” method, turn their wrist slightly. With the bristles of the brush remaining flexed, follow the surfaces of the teeth.

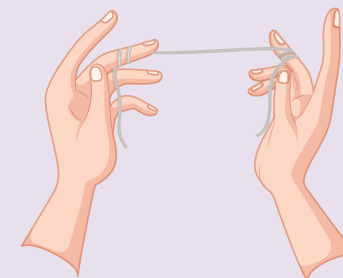


Another method is the “circular” method. With teeth closed, place the brush inside the cheek with tips lightly touching the teeth. Use a fast, wide, circular motion with little pressure.

## FLOSSING



- 1 Take a piece of floss and wrap it around the middle finger of each hand.
- 2 With the floss gripped firmly between the thumb and index finger of each hand, move the floss gently between the teeth until it reaches the gum.



- 3 Curve the floss into a C-shape around the tooth. Slide it up and down the side of the tooth. Remove the floss carefully, and repeat this for each tooth. While flossing, pay close attention to your gums. Keep your movements gentle when the floss is near your gums.



- 4 You can also use other types of flossing tools to help with coordination.



2

MINUTES

X

2

TIMES PER DAY