Brush in the morning and before going to bed to remove germs that cause tooth decay and gum disease.

1. Use a soft toothbrush with a pea-sized amount of fluoride toothpaste.

2. Angle the bristles toward the gumline. Use a short circular motion to clean this area.

3. Use a back and forth motion to clean the chewing surfaces and the top of your tongue.
Floss daily to remove germs between your teeth that cause tooth decay and gum disease.

1. Wrap 18 inches of floss around your middle fingers leaving a couple inches to work with.

2. Using a back and forth motion, guide the floss between the teeth and down under the gums.

3. Gently curve the floss in a “C” shape against the tooth. Slide the floss up and down against the tooth.