

Brush

Twice every day to remove germs

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 your tongue.



VDH

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Floss

Once every day to remove germs

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.

