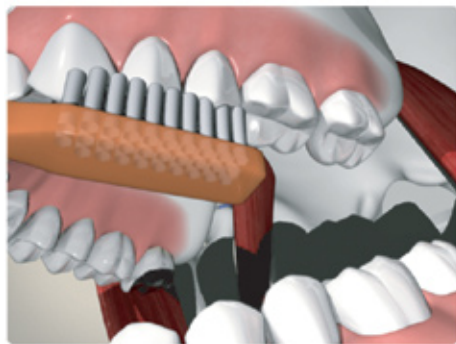
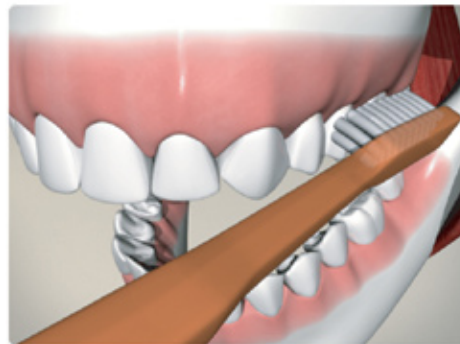


Proper brushing and flossing is important for maintaining healthy teeth and gums. This will only take a few minutes each day, but will help keep your teeth and gums healthy

Brushing helps to remove the plaque that forms on your teeth every day. If the plaque is not removed, it forms acid. This causes teeth to decay and gums to become infected.



When brushing your teeth it is a good idea to use a brush with soft bristles, which is gentle on your gums. First, brush the chewing surface of your teeth with a back and forth motion to remove food particles



Next, gently brush your teeth in a circular motion with the bristles at a 45-degree angle towards the gum.



Do the same on the inner surfaces of your upper teeth. Then repeat these same steps on your lower teeth. After brushing, rinse your mouth and check to see if you've missed any places

Notes:

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