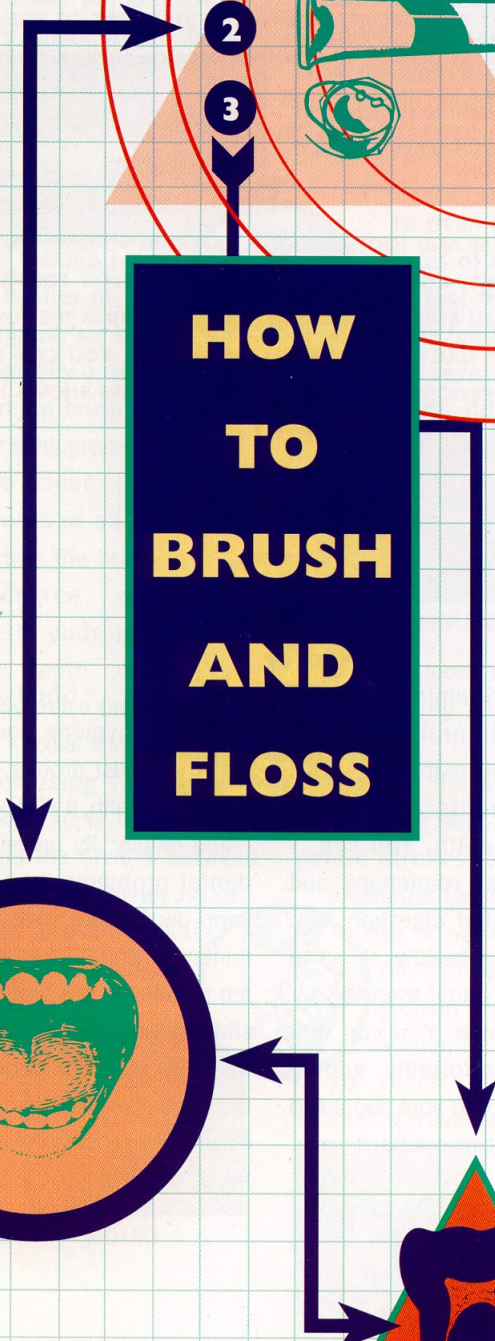
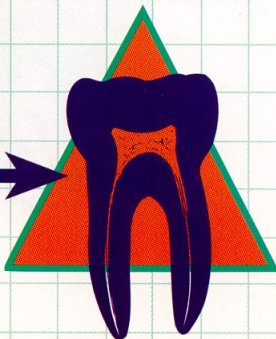
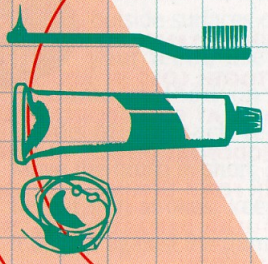


# HOW TO BRUSH AND FLOSS

- 1
- 2
- 3



**W**HY IS GOOD ORAL HYGIENE

**SO IMPORTANT? PERIODONTAL DISEASE IS THE MAJOR CAUSE OF TOOTH LOSS IN ADULTS, AFFECTING THREE OUT OF FOUR PEOPLE AT SOME POINT IN LIFE. THE BEST WAY TO PREVENT PERIODONTAL DISEASE AND TOOTH DECAY — AND KEEP YOUR TEETH FOR A LIFETIME — IS THROUGH BRUSHING, FLOSSING AND REGULAR DENTAL VISITS THAT INCLUDE A PERIODONTAL EVALUATION.**

**T**HE MAIN CAUSE OF PERIODONTAL DISEASE AND TOOTH DECAY IS BACTERIAL PLAQUE. PLAQUE IS A STICKY, COLORLESS FILM THAT CONSTANTLY FORMS ON YOUR TEETH AND GUMS. BY CAREFULLY REMOVING THE PLAQUE THROUGH DAILY BRUSHING AND FLOSSING, YOU CAN HELP PREVENT PERIODONTAL DISEASE. THIS BROCHURE SHOWS HOW TO BRUSH AND FLOSS EFFECTIVELY.

**BENEFITS OF KEEPING TEETH AND GUMS HEALTHY**

By retaining your natural teeth, you reap the benefits of better health. You can chew more comfortably and enjoy better digestion. You can have a healthy, attractive smile, a natural asset to your appearance. You can talk more comfortably, adding confidence to your social and business conversations.

Good oral hygiene doesn't just protect your health, it also saves you money. By preventing dental problems, you can keep dental care costs to a minimum. And it takes about ten minutes — less time than shaving or applying make-up. With all these benefits, brushing and flossing are an essential part of a healthy, happy lifestyle.

**HOW TO BRUSH**

Begin with the right equipment — a soft-bristled toothbrush that allows you to reach every surface of each tooth. If



FIGURE 1

the bristles on your toothbrush are bent or frayed, buy a new one. A worn-out brush won't clean your teeth properly.

To clean the outside surfaces of all your teeth, position the brush at a 45-degree angle where your gums and teeth meet. Gently move the brush



After cleaning the outside surfaces of all your teeth, use the same method on the inside of the back teeth. Move the brush in short, gentle but firm strokes, keeping it angled against the gumline.

(SEE FIGURE 2)

To clean the inside surfaces of the upper and lower front teeth, hold the brush vertically. Make several gentle back-and-forth strokes over

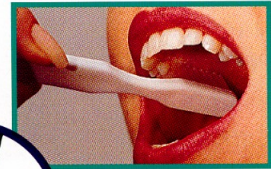


FIGURE 2

Gently move the brush in a circular motion several times using short, gentle strokes. Apply light pressure to get the bristles between the teeth, but do not use so much pressure that you feel discomfort.

each tooth and its surrounding gum tissue. (SEE FIGURE 3)

To clean the biting surfaces of your teeth, use short, gentle strokes. Since the toothbrush can clean only one or two teeth at a time, change the position of the brush as often as necessary to reach and clean all tooth surfaces. (SEE FIGURE 4)

(SEE FIGURE 1)

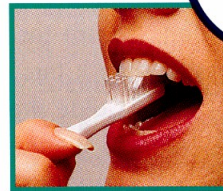


FIGURE 3



FIGURE 4

