

How to Brush



1. Place brush at angle along outer gumline. Wiggle gently back and forth. Repeat for each tooth.



2. Brush inside surface of each tooth, using wiggling technique in Step 1.



3. Brush chewing surface of each tooth.



4. Use tip of brush to brush behind each front tooth, both top and bottom.



5. Don't forget to brush your tongue!



How to Floss



1. Pull 18" to 24" (45 to 60 cm) of dental floss from the dispenser and wrap the ends around your middle fingers.



2. Hold the floss tightly against each tooth. Move the floss away from the gum, gently rubbing the floss up and down against the side of the tooth.

