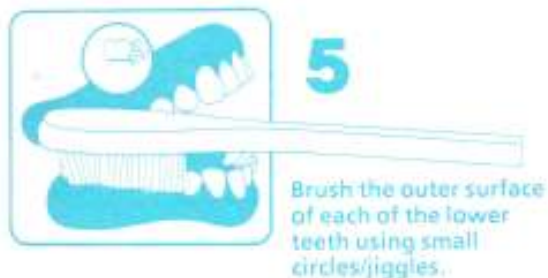


TOOTH/GUMBRUSHING

Toothbrushing removes plaque and other debris from the out, inner and biting surfaces of your teeth.

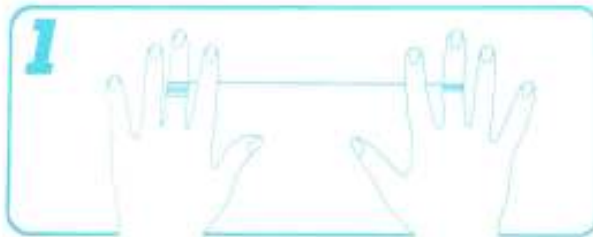
The recommended brush has a straight handle, flat brushing surface and soft end-rounded bristles.



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FLOSSING

Dental floss removes plaque and debris from between the teeth especially near the gum line. It is important that you floss your teeth thoroughly at least once a day.



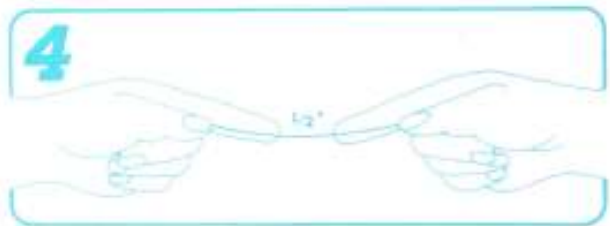
1 Cut off a piece of floss two or three feet long. Lightly wrap most of the floss around the middle finger of your left hand and about six inches around the middle finger of your right hand.



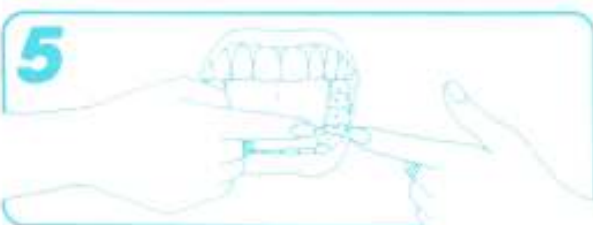
2 To clean between the upper right back teeth, pass the floss over your right thumb and the forefinger of your left hand. The fingers controlling the floss should not be more than one half-inch apart.



3 To clean between the upper left teeth, merely reverse the procedure, that is, pass the floss over the left thumb and the forefinger of the right hand. Now the left thumb is outside and the right forefinger is inside.



4 To clean between all the lowers, hold the floss with forefingers of both hands. Insert the floss gently between all lower teeth with the floss over the forefingers pointing downwards.



5 Place the floss just under the edge of the gum tissue and wrap the floss around the corners of the tooth being cleaned. By holding the floss firmly against the tooth, scrape the plaque off toward the chewing surface.



6 The backside of the front tooth and the front surface of the adjacent tooth must be cleaned separately. Thus, the floss is used twice in between except behind the last teeth in the arch.