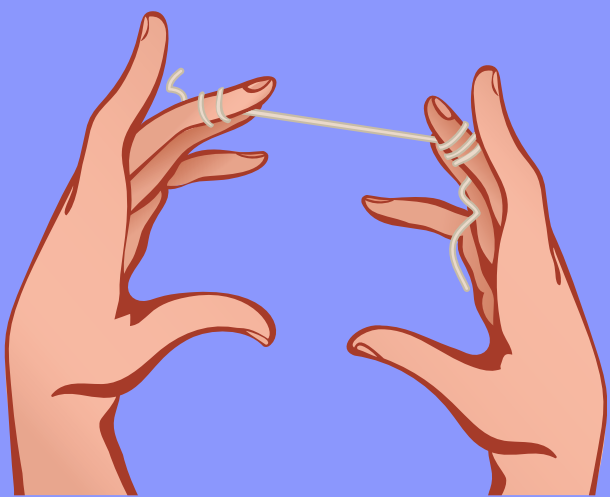




3 STEPS TO BETTER ORAL HYGIENE

FLOSS



With about a forearm length piece of floss wrap either side of the floss with your middle fingers until there is an inch of dental floss between your fingers. Using the C-shape flossing technique floss in between each tooth and behind the furthestmost tooth.

BRUSH

Apply a pea size amount of toothpaste to your toothbrush. Brush your teeth for at least 2 minutes, 2-3 times a day.



MOUTHWASH

With a recommended mouthwash swish about 15-20 mL or the prescribed amount of the mouthwash around for 30 seconds and then expectorate. Do not swallow any mouthwash!

Tip - Spit out all excess mouthwash, and do not rinse your mouth out with water afterwards. Rinsing with water afterwards will wash away all of the beneficial ingredients that the mouthwash provides!
