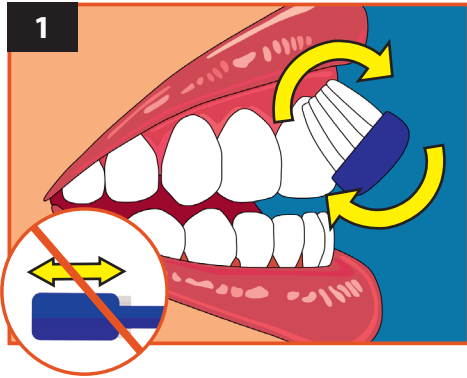
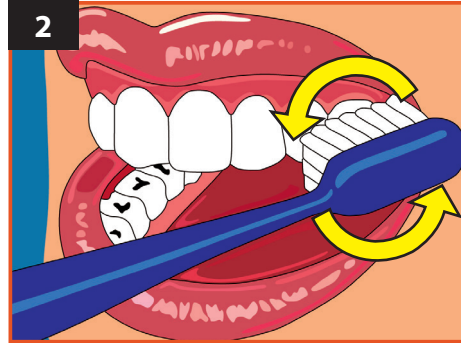


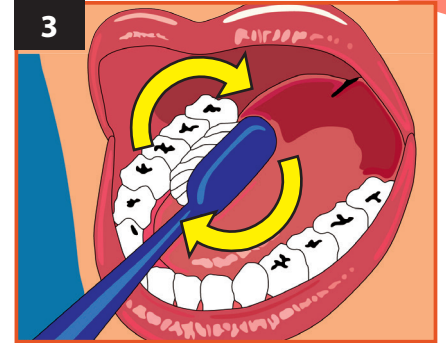
# 6 Steps to Effective Tooth Brushing



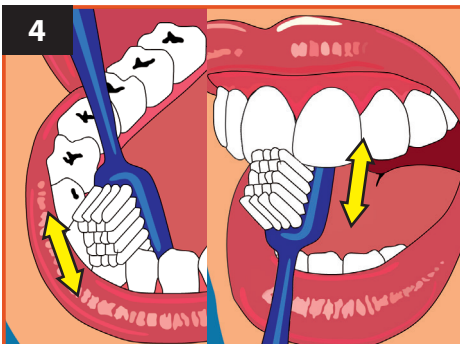
Place the bristles at the gum line at a 45-degree angle. Do not brush across your teeth.



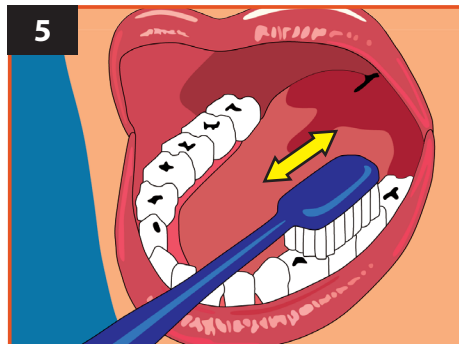
Gently brush in a short, vertical or circular motion.



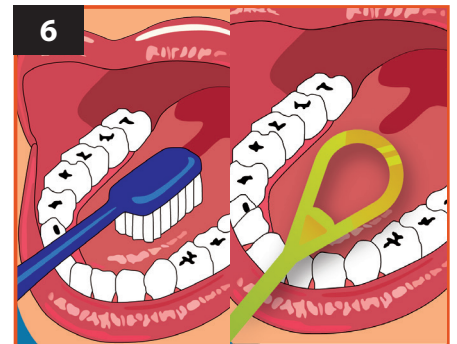
Brush 2 teeth at a time for 5 seconds, and work your way around your mouth for at least 2-3 minutes.



Brush the inner surfaces of your front teeth. Hold the tooth brush upright, tip it to touch the gum line. Open your mouth wide to allow correct vertical angle to reach the edge of the gum.



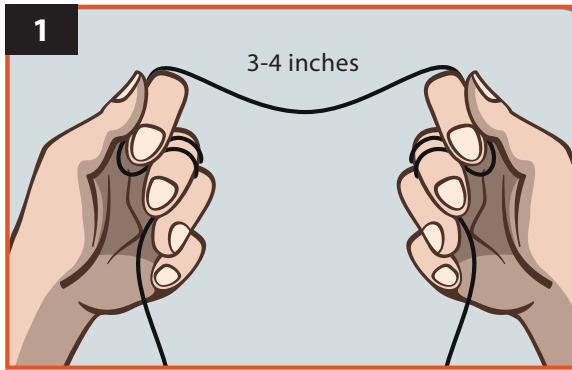
Brush your molars. Position the toothbrush so that the bristles are resting on top of your bottom molars. Brush in-and-out.



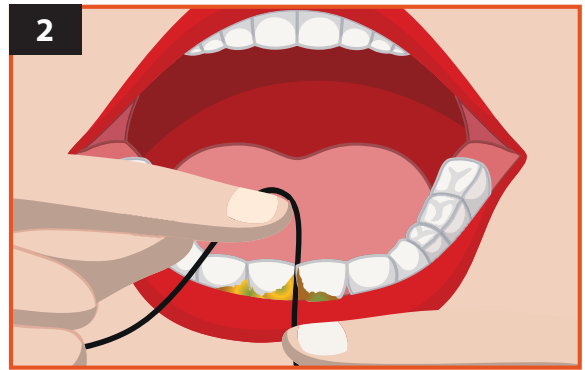
Gently brush your tongue. Alternatively, use a tongue scraper.

This helps keep bad breath away and get rid of bacteria on your tongue.

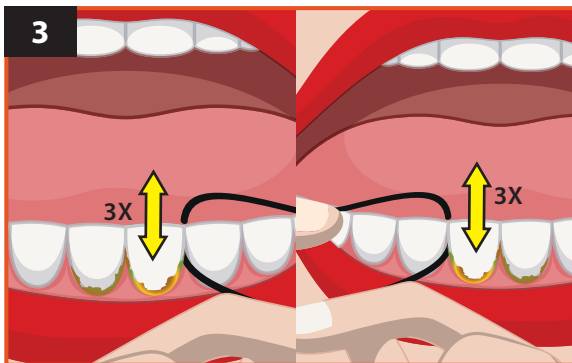
# 4 Steps to Flawless Flossing



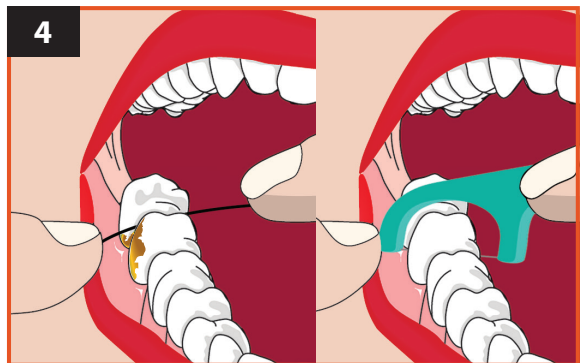
Hold the floss between your thumbs and forefingers of both hands. Leave about 3-4 inches of the floss exposed to floss your teeth.



Gently slide the floss between your teeth. Make sure that you floss between each tooth.



Use both hands to curve the floss, forming a "C" shape against the side of tooth. Slide it up and down 2-3 times carefully to reach the contours of each tooth. Repeat for the other side.



Move the floss gently for back teeth as well.

Alternatively, use a floss-pick.

*Note: It is alright for floss to slide under the gum line. Slight bleeding may be expected.*