

Instructions for Cleaning

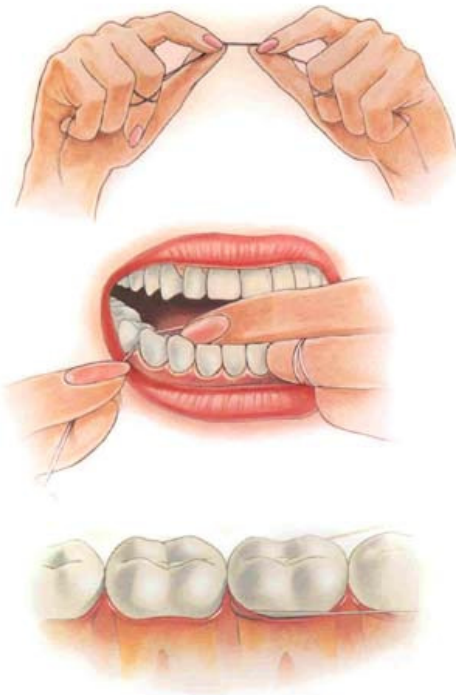
Brushing

- Use a *soft* toothbrush
- Rotate the brush gently in small circular motions
- Brush all surfaces, don't forget your back teeth

Flossing

This will take some practice, but keep it up. If your gums bleed after you floss, don't stop. This is totally normal and should stop after a few times.

How to Floss



- Wrap about 50 cm of floss around the middle fingers of both hands
- Hold the floss tightly (use your thumbs and forefingers)
- Gently guide the floss with a back and forth motion between your teeth
- Then wrap the floss around the tooth and move up and down
- Never saw into the gums
- Use a fresh section of the floss for every tooth