

## Your oral care **CHECKLIST:**



**AT LEAST ONCE A DAY** before brushing, **CLEAN BETWEEN YOUR TEETH** with a gentle interdental or if you have tight teeth, floss



**BRUSH TWICE** a day for at least **2 MINUTES**, remember **2x2!**



Brush **GENTLY** with a **SOFT** brush



Make sure to brush **ABOVE** and **BELOW** the gum line



Finish with a **FLUORIDE MOUTHWASH**



**"IT TAKES 3" EVERY DAY**  
Clean between teeth, brush & rinse