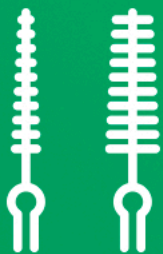


## Your interdental cleaning **CHECKLIST:**



Clean between your teeth  
**AT LEAST ONCE A DAY**  
after brushing



Choose the interdental and the  
**SIZE(S)** which are most adapted



Clean **GENTLY** to avoid  
irritating your gums



Leave your interdental brush to **DRY**  
**VERTICALLY** to prevent the  
growth of bacteria



Use a mouthwash just **AFTER**  
**CLEANING BETWEEN YOUR TEETH**