

Your oral care **CHECKLIST:**



2x2

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



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



Finish with a **FLUORIDE MOUTHWASH**



“IT TAKES 3” EVERY DAY
Brush, clean between teeth & rinse