

5 Minutes to a Healthy Smile



Step 1:

Brush Your Teeth for 2 Minutes 2X per day



First, wash your hands and sink area before brushing, and check that your toothbrush is clean and fresh.



1

Squeeze toothpaste onto the brush, then hold the brush at a 45-degree angle. Start brushing the back outer tooth surfaces.



2

After brushing the back outer tooth surfaces, brush the front outer tooth surfaces.



3

Then brush all inner tooth surfaces, starting in the back, then the front.



4

Then brush all top teeth chewing surfaces, then all bottom teeth surfaces.



5

Then brush the front inside tooth surfaces - top then bottom.



6

Finish by brushing your tongue.

Step 2:

Floss Your Teeth for 3 Minutes 1X per day

- 1** Use a disposable floss pick, or standard dental floss around 18 inches long.
- 2** If using dental floss, wrap the floss around both index or middle fingers until 4-5 inches of floss is between the fingers.
- 3** For each tooth surface, unwind and wind the floss so that a new section of floss is exposed.
- 4** Start at the top teeth and using your index finger and thumb to guide the floss. Gently follow the floss up and down and back and forth over the tooth's surfaces a few times. Be sure to go reach below the gum line also.
- 5** For the lower teeth, use both index fingers to guide the floss.
- 6** If you have braces, use a special proximal brush or a water pick.



It is important to floss your teeth at least once every day to remove plaque buildup in-between your teeth where a toothbrush cannot reach.

A proximal brush cleans between teeth and between teeth and braces.

