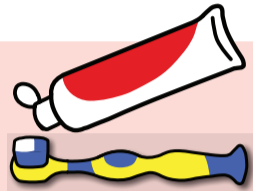


Oral Health Heroes – BRUSH BETTER, FLOSS BETTER



Always brush teeth and gums with **fluoride toothpaste** **at least twice a day**, especially after eating breakfast and before bedtime. **Remember to floss daily.**

Brush Better



Place the toothbrush at a 45-degree angle towards the gumline. Use gentle, short strokes, moving the brush back and forth against the teeth and gums.



Brush the inside surface of each tooth in a similar way.



Brush the chewing surface of each tooth.

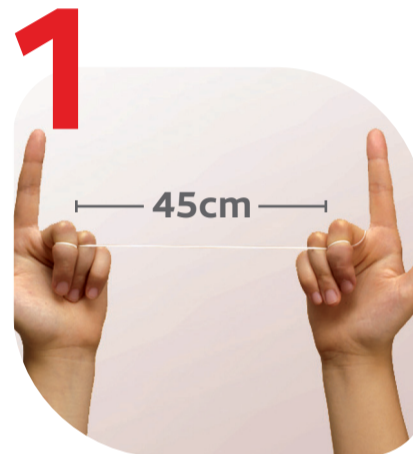


Use the tip of the brush to brush behind each front tooth, both top and bottom.



For fresher breath, don't forget to brush your tongue!

Floss Better



Take about 45 cms of floss and loosely wrap most of it around each middle finger (wrapping more around one finger than the other), leaving 5 cms of floss in between.



With the thumbs and index fingers holding the floss, gently slide it down between your teeth, while being careful not to force it down on the gums.



Curve the floss around each tooth in a "C" shape and gently move it up and down the sides of each tooth, including under the gumline. Unroll a new section of floss while moving from tooth to tooth.