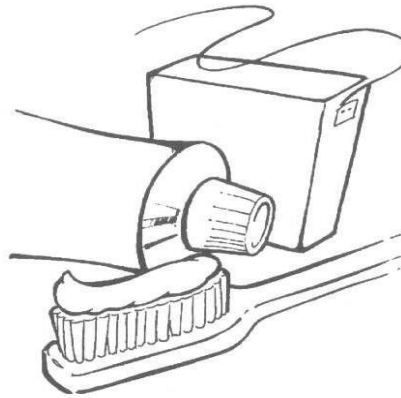
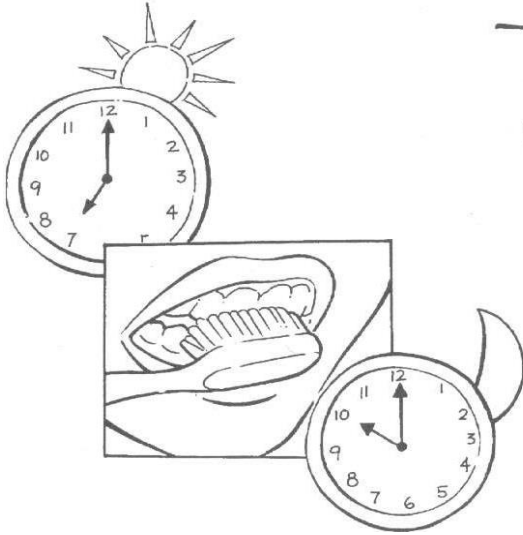


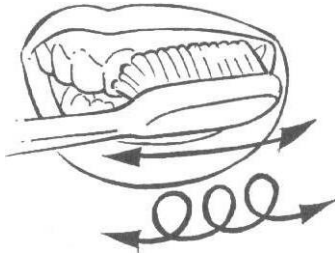
CARE OF TEETH



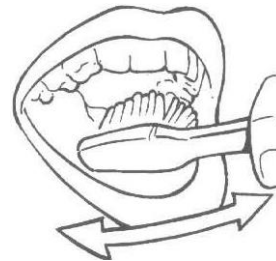
BRUSHING

Brush your teeth two times a day for 2 minutes. Get a new toothbrush every three months or after being sick and don't forget to brush your tongue.

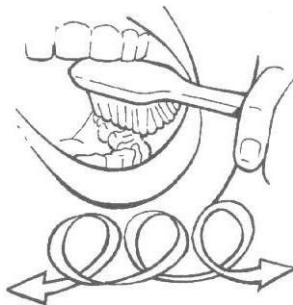
1. Brush the outside of the teeth, side to side moving across the teeth in circles. Clean gums too.



2. Scrub the top of the teeth gently by moving the brush back and forth.



3. Clean the inside surface of the teeth in a circular motion.

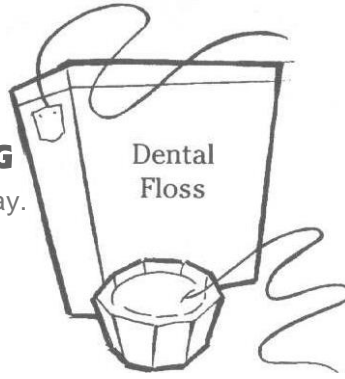


4. Clean the inside surfaces of your front teeth using up and down movements.

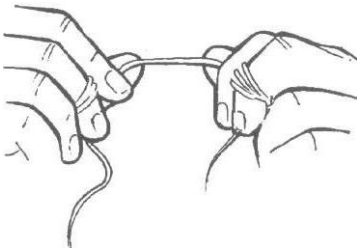


FLOSSING

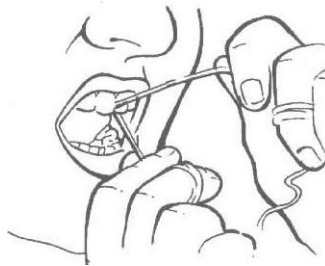
Floss your teeth once a day.



1. Cut about 18 inches of floss and wrap around your middle fingers.



2. Slide floss between your teeth until it reaches the gum. Wrap the floss around the tooth creating a "c" shape.

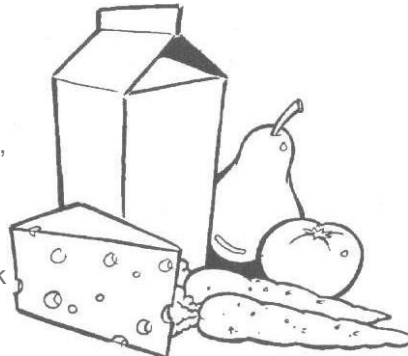


3. Move the floss up and down the tooth. Use clean floss as you go.



HOME CARE

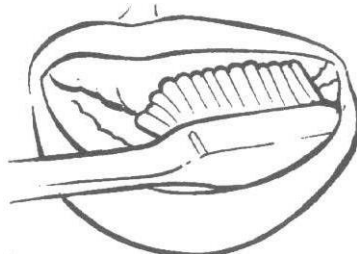
1. Use fluoride which is found in toothpaste, mouth rinses and some drinking water.
2. Eat a good diet. Drink healthy beverages.



3. Do not chew hard candy or ice. Avoid eating or drinking sugary or sticky foods and beverages.



4. If you have no teeth, brush your gums with a soft toothbrush and rinse with warm water mixed with a teaspoon of salt.



5. Tobacco products like cigarettes, snuff and chewing tobacco can cause gum problems and cancer of the mouth. Avoid using them.



6. See a dentist regularly, twice a year, to prevent dental problems. It is important to see a dentist during pregnancy.

