

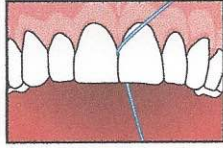
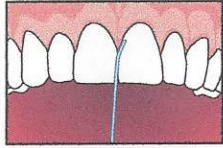
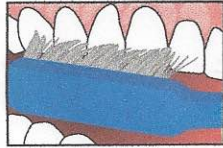
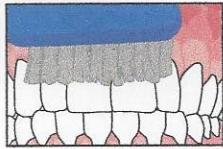
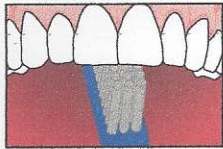
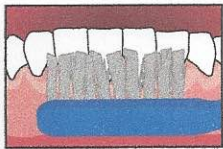
KEEPING YOU  
INFORMED



**E**STHETIC **f**AMILY **D**ENTISTRY, LLC

*"Where outstanding smiles are created"*

## How to Brush & Floss Your Teeth



### BRUSHING:

- Place the toothbrush at a 45-degree angle to the gums.
- Move the brush back and forth gently in short strokes.
- Brush the outer surfaces, the inside surfaces and the chewing surfaces of all teeth.
- To clean the inside surface of the front teeth, tilt the brush vertically and make several up-and-down strokes.
- Brush your tongue to remove bacteria and keep your breath fresh.

### FLOSSING:

- Use about 18 inches of floss wound around one of your middle fingers, with the rest wound around the opposite middle finger.
- Hold the floss tightly between the thumbs and forefingers and gently insert it between the teeth.
- Curve the floss into a "C" shape against the side of the tooth.
- Rub the floss gently up and down, keeping it pressed against the tooth. Don't jerk or snap the floss.
- Floss all your teeth. Don't forget to floss behind your back teeth.

8580 Scarborough Drive, Suite 105  
Colorado Springs, CO 80920  
P: 719.528.5577 | F: 719.528.5621

[www.outstandingsmile.com](http://www.outstandingsmile.com)