

# How to take care of your teeth & gums everyday!

To be done when you wake up, after lunch and right before you go to bed



**Floss** In-between all of your teeth



**Closys** Rinse for 30 seconds

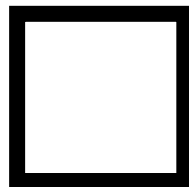


**Brush** Your teeth and tongue for 2 minutes

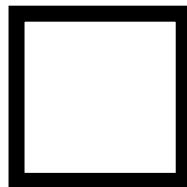


**Prevident** Apply to all surfaces of your teeth.  
Do not eat or drink or rinse for 30 minutes

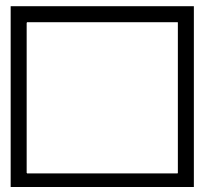
Check the box  
after you do all of  
the steps above!



Wake Up



After Lunch



Before Bed