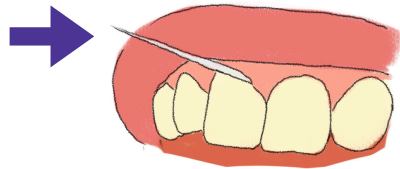


ONE, TWO, THREE, FOUR! HELP OUR OHANA SMILE MORE!

1 Floss 1 time daily before bed

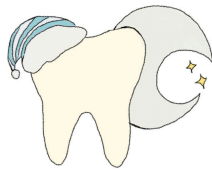
floss every tooth gently and up to the gum line like this



2 Brush 2 times daily

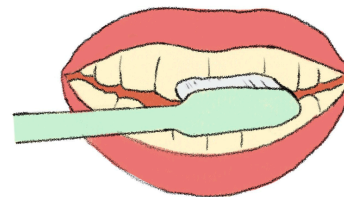


in the morning and before bed

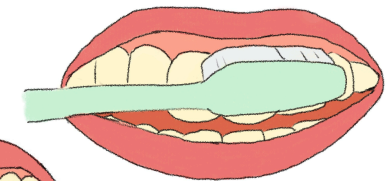


3 Brush 3 areas in a circular motion

all sides of teeth



gums

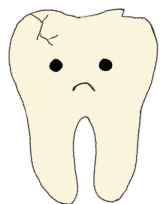


and tongue

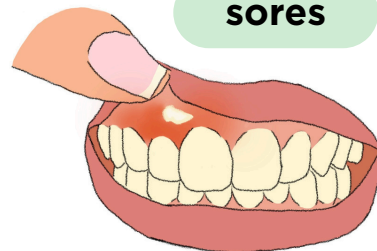


4 Schedule a dental appointment if you see any of these 4 warning signs

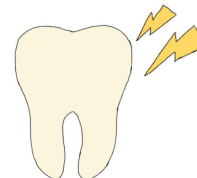
cracked teeth



sores



unusual pain or swelling



anything unusual

