

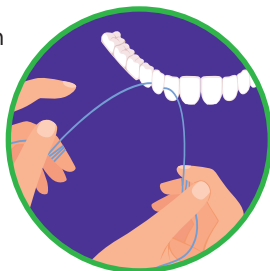
One, two, three, four!

Brush and floss to smile more!



1. Floss 1 time a day.

- Flossing is important to keep your teeth and gums healthy!
- You can floss before or after you brush your teeth. Floss each tooth gently.
- Slide the floss into the space between the gum and the teeth. When the floss reaches the gum line, curve it into a C shape against the sides of each tooth with an up and down motion.
- If you have a hard time flossing with normal floss, you can use floss threaders or interdental brushes instead.



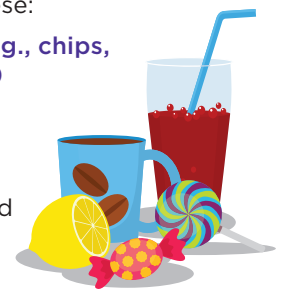
2. Visit Your Dentist 2 times a year.

- Even if you take great care of your teeth, you should see a dentist. Under most dental plans including Medicaid, you can receive two dental cleanings at no cost per year!
- Dental problems like cavities, gum disease, and oral cancer are not visible or painful in the beginning. Dentists can spot these problems before they get worse!



3. Avoid these 3 things!

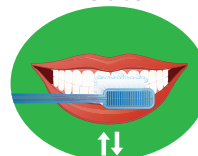
- Good oral health also depends on the foods you eat. Try to limit how much you eat/drink of these:
 - Carbohydrates (e.g., chips, pasta and bread)
 - Sugary foods
 - Acidic drinks
- Sports drinks, juice and soda can be bad for your teeth!



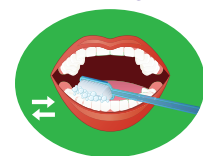
4. Brush These Four Areas:

- Brush these four areas for at least two minutes twice a day. You can use a manual or electric toothbrush. Use fluoride toothpaste and replace your toothbrush once the bristles are worn (about every 3 months).

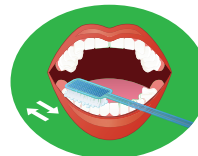
1. Outer



2. Inner



3. Molars



4. Tongue



- Brushing your teeth right after eating can weaken the enamel on your teeth. It is best to wait at least 30 minutes to allow your enamel to rebuild itself again.

