



# Tooth Defenders – Brush Better, Floss Better & Rinse Well



## Brush Better



Place the toothbrush at a 45-degree angle towards the gumline. Use gentle, short strokes, moving the brush back and forth against the teeth and gums.



Brush the inside surface of each tooth in a similar way.



Brush the chewing surface of each tooth.

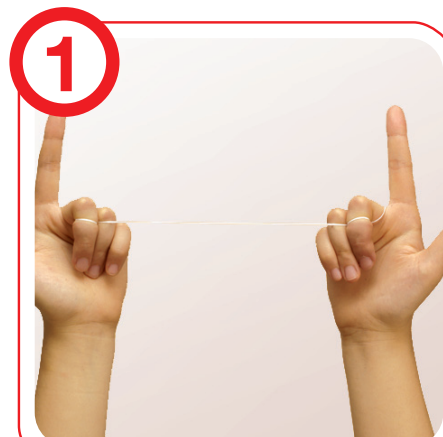


Use the tip of the brush to brush behind each front tooth, both top and bottom.



For fresher breath, don't forget to brush your tongue!

## Floss Better



Take about 18 inches of floss and loosely wrap most of it around each middle finger (wrapping more around one finger than the other), leaving 2 inches of floss in between.



With the thumbs and index fingers holding the floss, gently slide it down between your teeth, while being careful not to force it down on the gums.



Curve the floss around each tooth in a "C" shape and gently move it up and down the sides of each tooth, including under the gumline. Unroll a new section of floss while moving from tooth to tooth.

## Rinse Better

1. Take the proper amount of liquid as specified on the container or as instructed by your dentist.
2. With the lips closed and the teeth kept slightly apart, gargle the liquid around with as much force as possible using the tongue, lips, and sucking action of the cheeks.
3. Be sure to gargle the front and sides of the mouth equally. Many rinses suggest gargling for **30 seconds** (one minute for the fluoride rinses).
4. Clear it from your mouth thoroughly.
5. Choose a mouth rinse that is based on your individual needs. For example, if you are prone to cavities, you should use a fluoride rinse.
6. It is best to consult your dentist about the best mouthwash to meet the needs of your mouth.



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