

Directions

Flossing Instructions:

1. Gently slide floss up and down between teeth, allowing the floss to wrap around teeth.
2. Clean above and below the gum line.
3. Rinse as necessary.

Pick Instructions:

4. Place pick between teeth and gently press against the gum.
5. Use an in-and-out motion to remove food particles and stimulate gums.
6. Rinse as necessary.

Tongue Cleaning Instructions:

7. Extend your tongue.
8. Place the tongue scraper on the back of your tongue and pull forward, skimming the surface of your tongue.
9. Rinse as necessary.