

Oral Hygiene Initial Instruction



TeethCloud



Basic Oral Hygiene Instructions

What You'll Need



Toothbrush



Toothpaste



Floss Picks



What Type of Toothbrush?

Soft Bristles ONLY**

Straight Handle

*Use for 6 weeks, Discard &
Replace*

** No medium or hard bristles and NO CHARCOAL bristles



Paste or Gel

Must Contain Fluoride

**** No baking soda; peroxide; Triclosan; charcoal; citrous or cinnamon flavoring**

May We Suggest...



How Do I Brush?



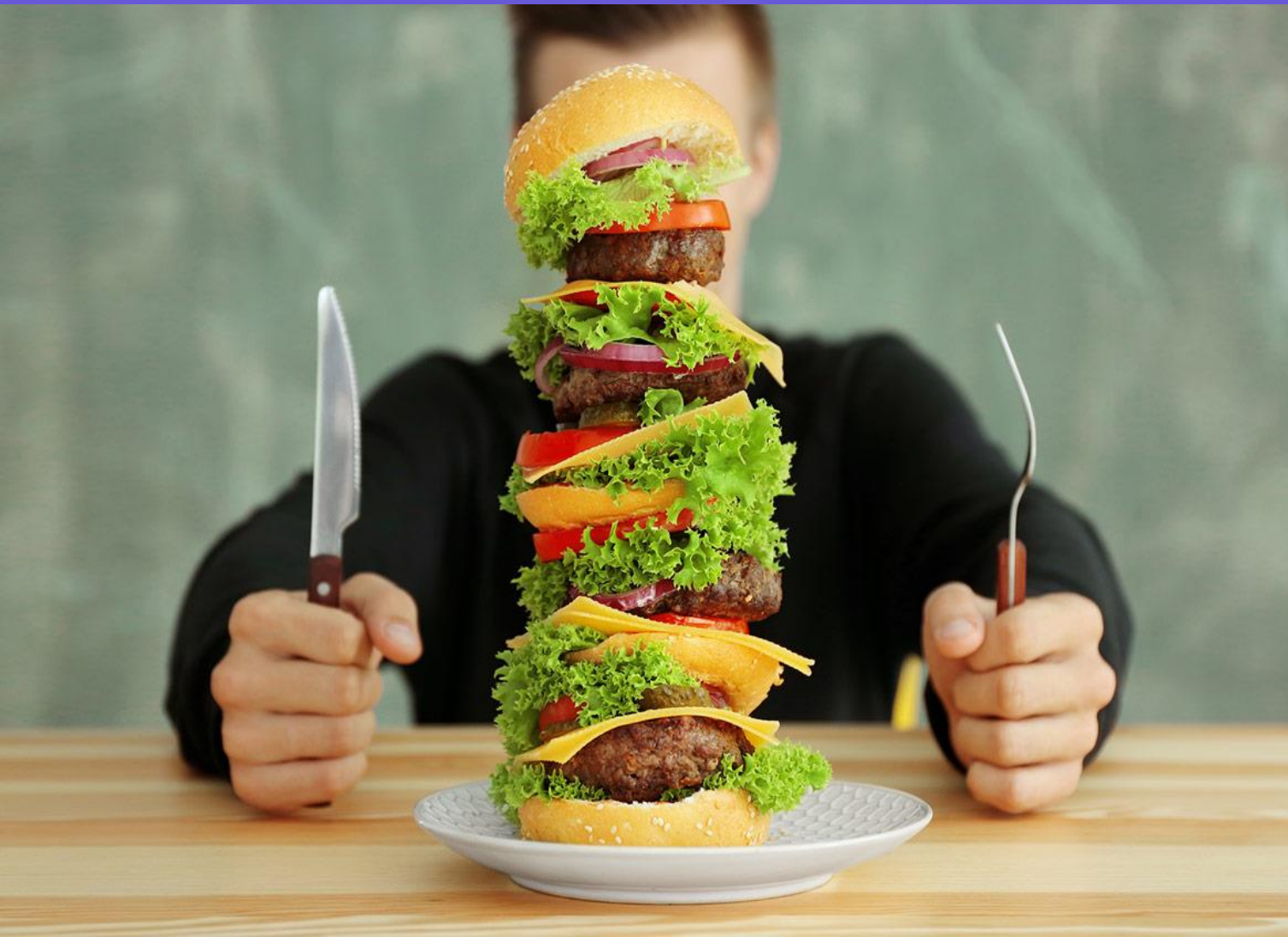
The question isn't
How...?

The question is
When...?

After You Eat...



No Matter How Much You Eat



But, every time you eat

And within 20 minutes
of having finished
eating...

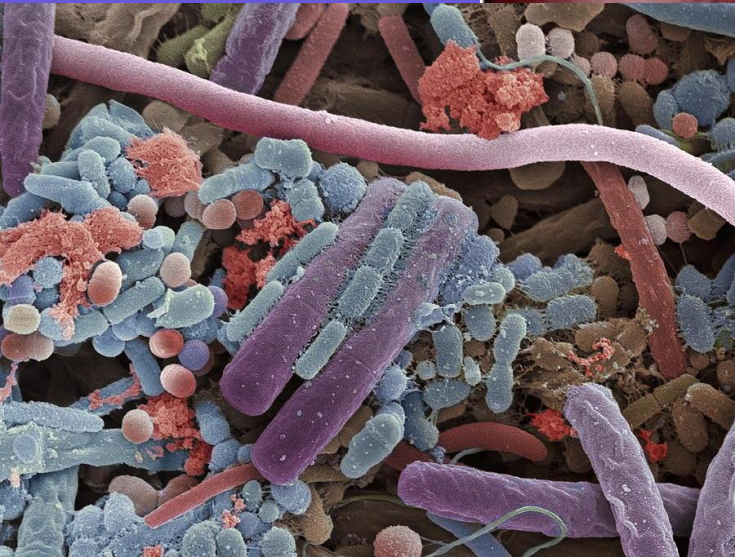
Therefore...



If it's not plain water...
It's FOOD.

And, if it's food...
You Must Brush!

Plaque aka Biofilm



There are
MORE BACTERIA
IN YOUR MOUTH
than people
ON EARTH!



*Acid From Bacterial Biofilm is the Cause of
both Dental Decay and Gum Disease*



Bad News for Tobacco and Vaping



It's the same as EATING...



To Recap Your Initial Instructions...

1. If it's not plain water, it's food
2. If it's food, you must brush within 20 minutes of eating or tobacco use
3. Brush using the recommended toothbrush and toothpaste
4. Brush as you normally do at the present time
5. Once you have brushed, do not rinse with water; simply spit out any excess
6. Once you have brushed and spit, floss with your floss picks.
7. Spit one more time to remove excess.
8. You may rinse or drink water 30 minutes after brushing
9. And, the next time you brush, is the next time you eat or use tobacco/vape



Healthy Teeth,
Gums, and Smiles
that Last a Lifetime