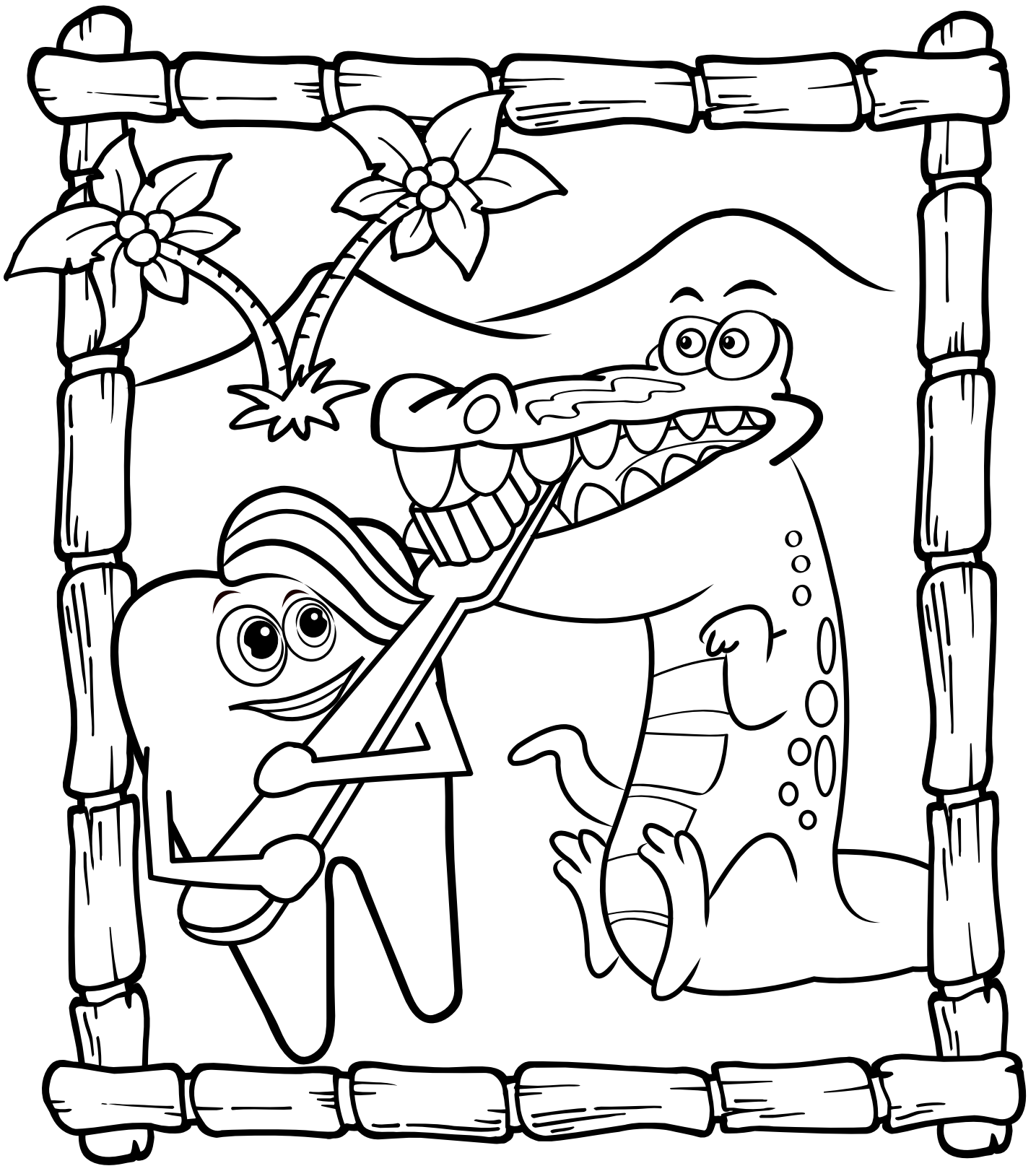


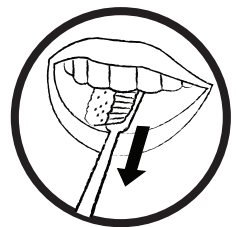
Coloring ***Book***

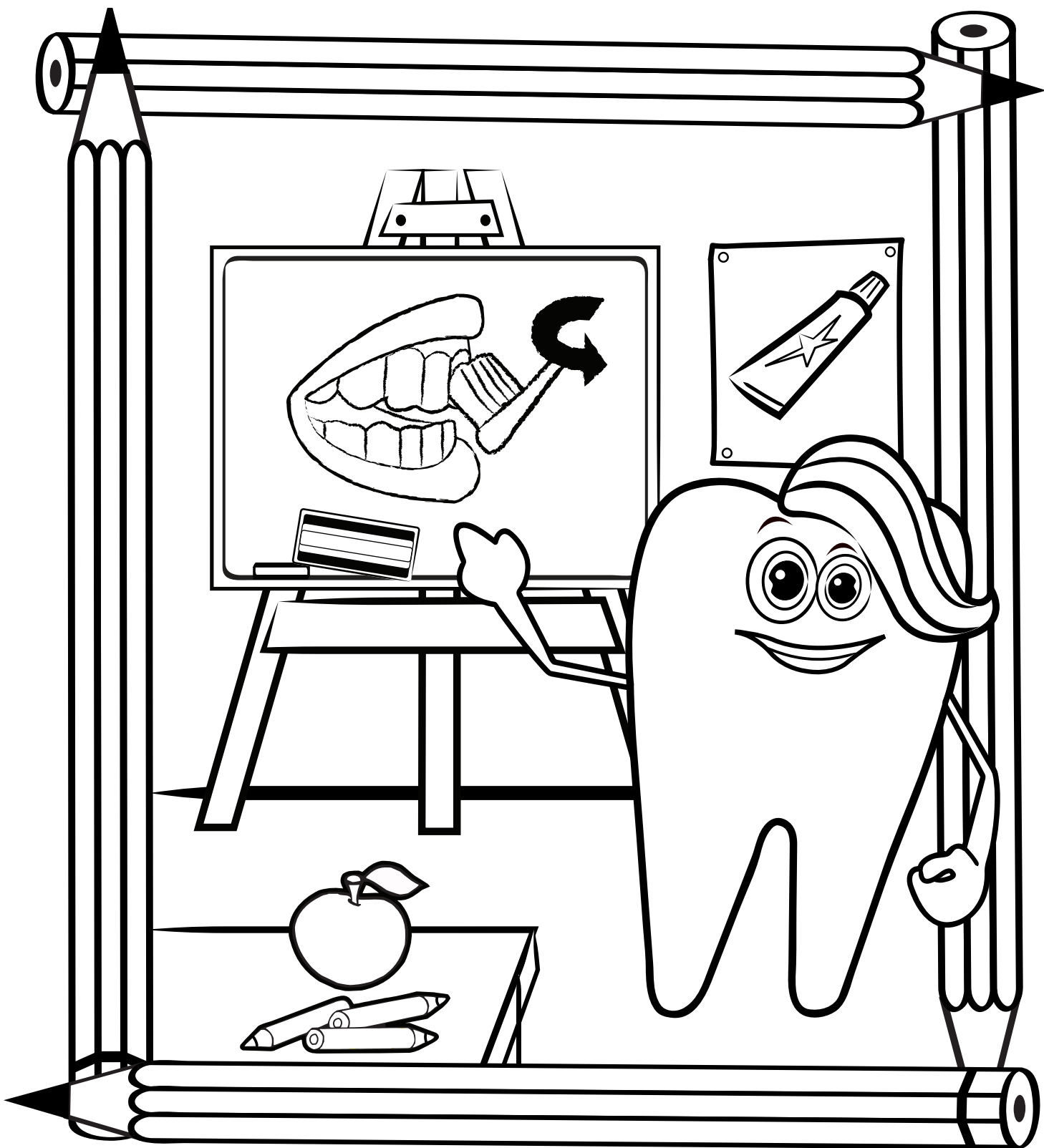


CENTRE DENTAIRE
**DUBEAU
LEFEBVRE**
& ASSOCIÉS

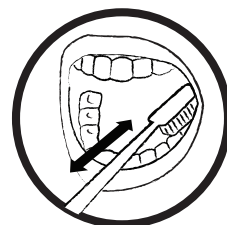


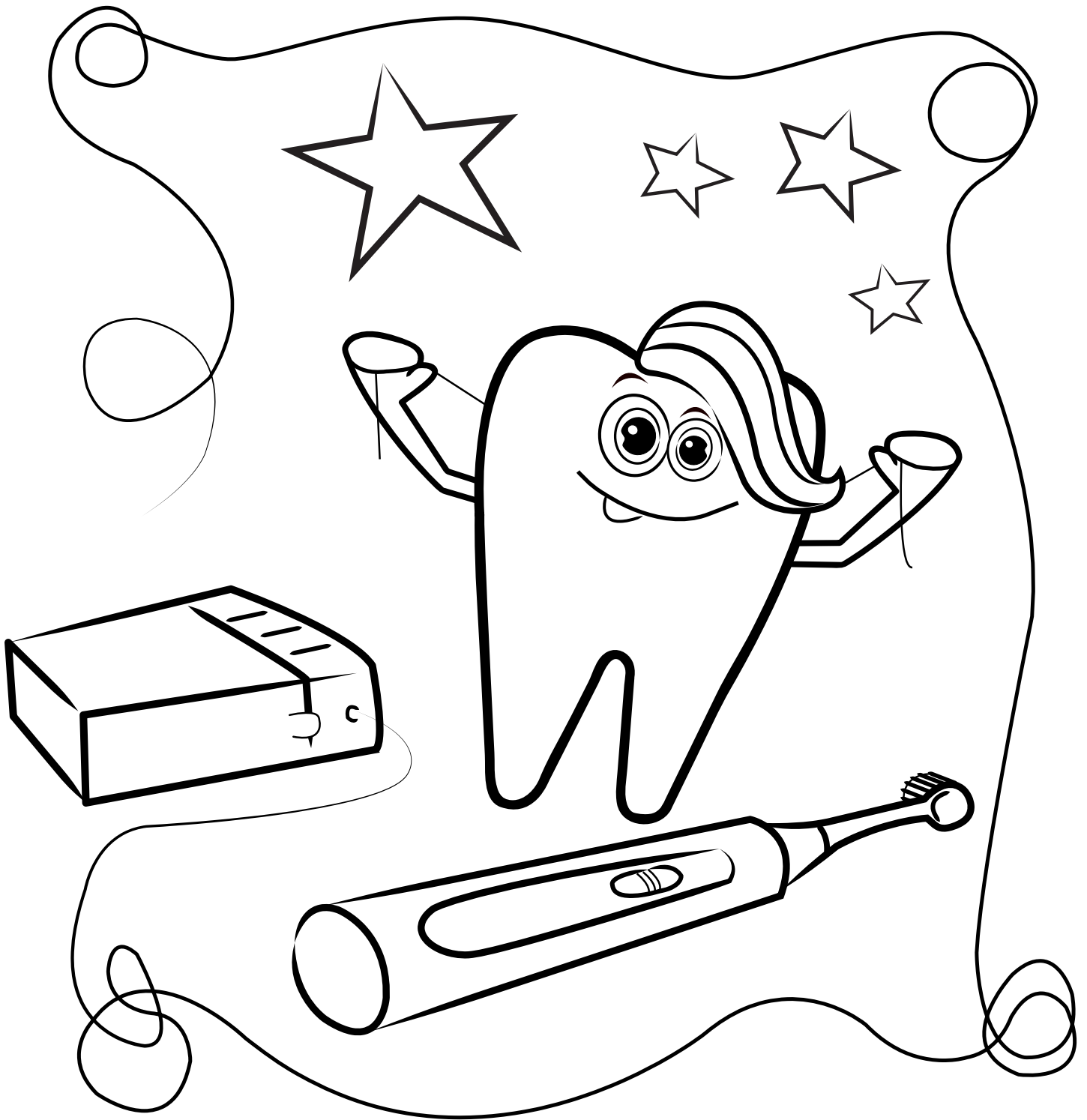
To clean the back of the teeth (both upper and lower) hold the brush horizontally, set it at an angle along the gum-line and gently brush using short back-and-forth strokes. For a thorough brushing, allow a good 2 to 3 minutes.





Set the brush at an angle along the gum-line. Without applying undue pressure, brush each tooth using short back-and-forth strokes. Start with the back of the tooth (the hidden part), then the front (the visible part) and, finally, the top.





The fluoride in the toothpaste is more effective when applied directly on the teeth, before brushing. Simply force it through the spaces between the teeth and then rinse with a mouthful of water.

Have you ever heard about dental floss? What about interdental cleaners? Use either one, at least once a day, to remove the tiny bits of food that may be trapped between your teeth. Simply insert the filament, ribbon or mini-brush and move it back-and-forth until the area is clean.