



# How to Brush Like Baxter

*Follow this guide for clean teeth, not just brushed teeth.*

1. Place toothbrush at a slight angle (45 degree) toward the gums where the teeth and gums meet.



Bottom  
Teeth



Top  
Teeth

2. Brush **GENTLY**, in small circles or short, back-and-forth strokes ("wiggle-jiggles"), counting to five.

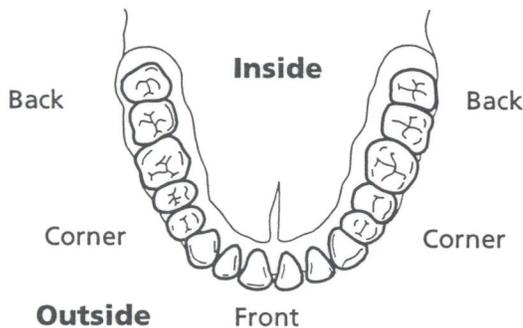
3. Brush top teeth for one minute in this order  
Top teeth outside - back, corner, front, corner, and back  
Top teeth inside - back, corner, front, corner, and back  
Top teeth chewing surfaces - left and right



Outside



Inside



Chewing Surfaces

4. Brush bottom teeth for one minute in the same order:  
Bottom teeth outside - back, corner, front, corner, and back  
Bottom teeth inside - back, corner, front, corner, and back  
Bottom teeth chewing surfaces - left and right

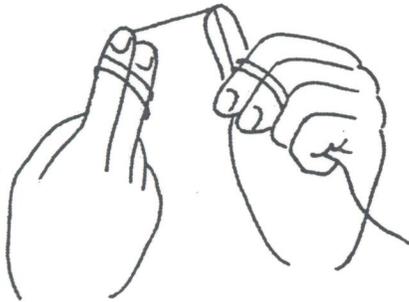
5. Gently brush tongue from side to side, counting to five.

6. Brush at least in the morning (after breakfast) and at night (before bed).





# How to Floss Like Baxter



## How to Floss

Cut off about 18" floss and wrap it around the first fingers of both hands, leaving about 2" between fingers. Use thumb and index fingers of both hands to guide floss between each tooth. Have about an inch of working floss in contact with tooth surfaces. Then,

- Use gentle "wiggling" back-and-forth motions to ease floss between teeth and work it in gently. Too much pressure used to force floss down or up between teeth can damage gums and cause bleeding.
- Curve floss in "C" shape around each tooth and, with an up-and-down motion, scrape the tooth's side and part of its front with the floss. Go gently below gum line in the scraping process, to remove plaque and other debris that creep below the gum line.
- As debris builds up on floss, unwrap-rewrap the floss between fingers so that fresh floss is available for the scraping action.

Floss can be wrapped for holding in various ways. One end of the floss can be wound around palm and the other end around middle finger of the second hand. Or, the ends of the floss can be tied together to form a circle which is easier for children to wrap and rewrap during flossing. Another option, a floss holder, is available at pharmacies.

