

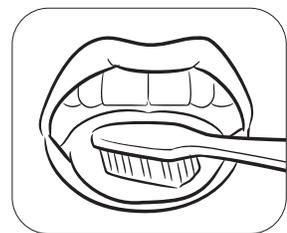
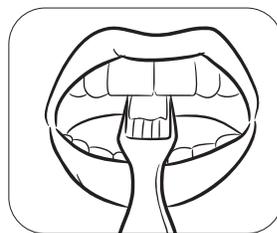
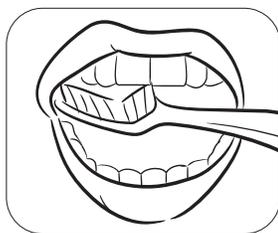
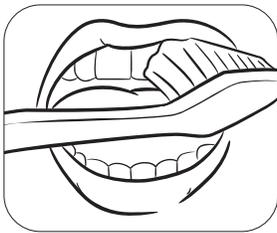
JAMIE SANDS, D.D.S.

COSMETIC, RESTORATIVE AND PREVENTIVE CARE

ORAL ANTI-AGING™

How to Brush

- Place the toothbrush at a 45-degree angle to the gums.
- Move the brush back and forth gently in short strokes.
- Brush the outer surfaces, the inside surfaces and the chewing surfaces of all teeth.
- To clean the inside surface of the front teeth, tilt the brush vertically and make several up-and-down strokes.
- Brush your tongue to remove bacteria and to keep your breath fresh.



A note from Jamie: Remember that hard particles and stains can't be removed with a toothbrush (they need to be removed by a dental professional.) Instead, focus on cleaning the soft plaque from your teeth daily to avoid build-up. Always use a soft bristle toothbrush to avoid damaging your teeth and mouth over time. Make sure to run the brush under hot water before brushing. And remember: focus on cleaning your teeth, not brushing them. Imagine cleaning dust off a rose petal—be gentle!

How to Floss

- Use about 18 inches of floss wound around one of your middle fingers, with the rest wound around the opposite middle finger.
- Hold the floss tightly between the thumbs and forefingers and gently insert it between the teeth.
- Curve the floss into a “C” shape against the side of the tooth.
- Rub the floss gently up and down, keeping it pressed against the tooth. Don't jerk or snap the floss.
- Floss all your teeth. Don't forget to floss behind your back teeth.

