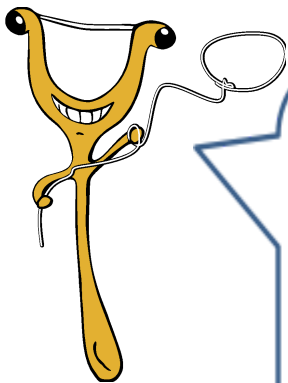
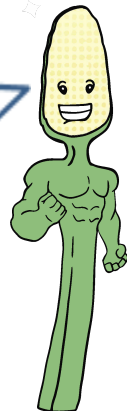


Visit your dentist at least once a year.
I will clean and polish your teeth and look out for any problems I need to fix.

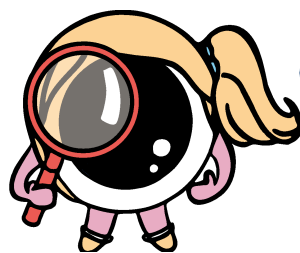
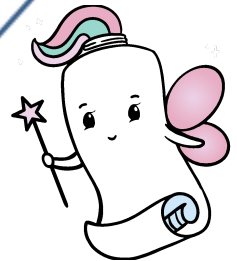
Brush your teeth twice a day for about two minutes.

Remember to clean the whole tooth but don't brush too hard!



Remember to floss your teeth at least once a day as it will help get rid of the bits of food that got missed by Incredible Brush.

Choose to drink water or milk. Water has 0 sugar and is great for your body as well as your teeth. Also, I sometimes like to add some fluoride power to water.



Watch out for sugar in your food!

Too much sugar can damage your teeth by causing cavities!