

Healthy mouth routine.

Remember these four easy steps to take care of your teeth year-round:



1
CHECK-UP

Visit your dentist regularly.



2
BRUSH

Brush your teeth twice a day.



3
FLOSS

Floss daily.



4
CHEW

Chew sugarfree gum after eating and drinking when "on-the-go."



**[Dental office logo/
address here]**

Just a friendly reminder...

It's time to
schedule
your next
appointment!

**[Dental office phone
number here]**



**[Patient Name]
[Street No./Street]
[City/Postal Code]
[Country]**