

# 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]**