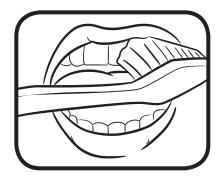
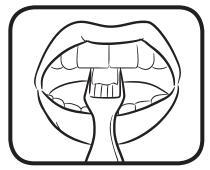
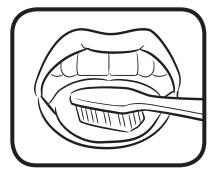
How to Brush



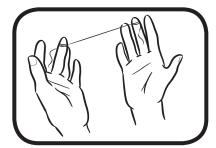






- Place the toothbrush at a 45-degree angle to the gums.
- Move the brush back and forth gently in short strokes.
- Brush the outer surfaces, the inside surfaces and the chewing surfaces of all teeth.
- To clean the inside surface of the front teeth, tilt the brush vertically and make several up-and-down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

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.

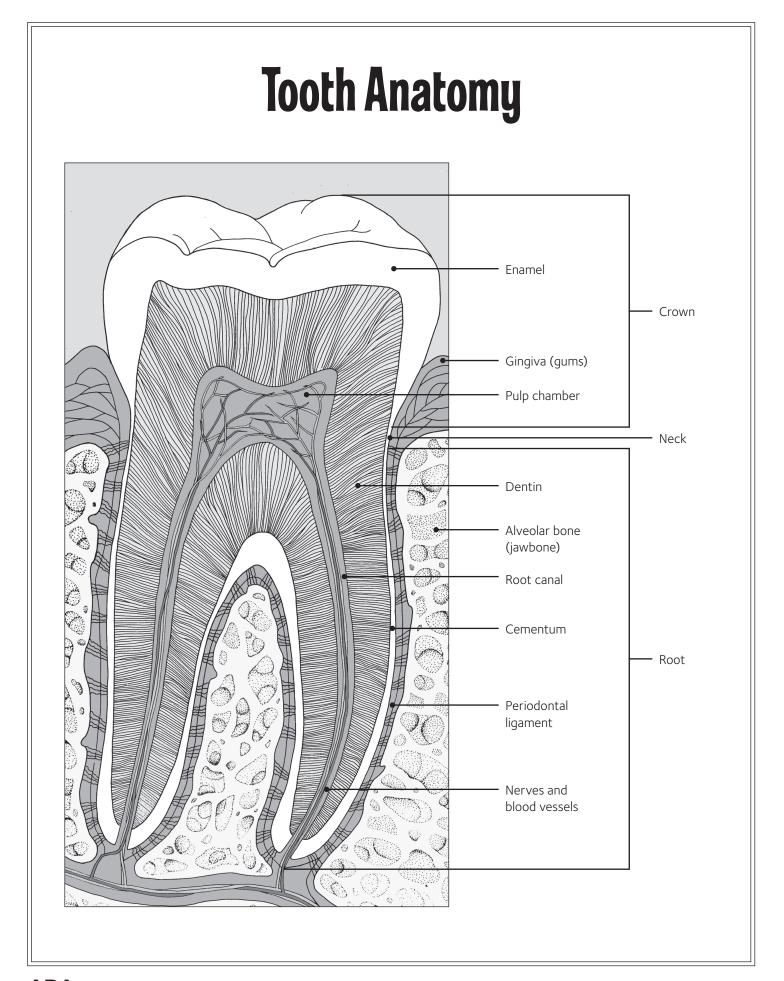


Permanent Tooth Development

| | Upper Teeth | Erupt |
|-------------------------------------|---|---------------|
| | Central incisor | 7-8 yrs. |
| | Lateral incisor | 8-9 yrs. |
| | Canine (cuspid) | 11-12 yrs. |
| | First premolar (first bicuspid) | 10-11 yrs. |
| (x) (x) | Second premolar (second bicuspid)10-12 yrs. | |
| $(2F)$ (\overline{x}) | First molar | 6-7 yrs. |
| | Second molar | 12-13 yrs. |
| | Third molar (wisdom tooth) | 17-21 yrs. |
| | Lower Teeth | Erupt |
| (X) (X) | Third molar (wisdom tooth) | 17-21 yrs. |
| (\underline{t}) (\underline{t}) | Second molar | 11-13 yrs. |
| | First molar | 6-7 yrs. |
| Second premolar (second bicusp | | id)11-12 yrs. |
| (A) | First premolar (first bicuspid) | 10-12 yrs. |
| γ | Canine (cuspid) | 9-10 yrs. |
| | Lateral incisor | 7-8 yrs. |
| | Central incisor | 6-7 yrs. |
| | | |
| | | |
| | | |

Primary Tooth Development

| SVV | Upper Teeth Central incisor Lateral incisor Canine (cuspid) | Erupt 8-12 mos. 9-13 mos. 16-22 mos. | Shed 6-7 yrs. 7-8 yrs. 10-12 yrs. |
|-----------------------------|---|--|---|
| (z) (x) | First molar | 13-19 mos. | 9-11 yrs. |
| | Second molar | 25-33 mos. | 10-12 yrs. |
| | Lower Teeth | Erupt | Shed |
| | Second molar | 23-31 mos. | 10-12 yrs. |
| (λ_r) (λ_r) | First molar | 14-18 mos. | 9-11 yrs. |
| Smot - | Canine (cuspid) Lateral incisor | 17-23 mos. 10-16 mos. | 9-12 yrs. 7-8 yrs. |
| | Central incisor | 6-10 mos. | 6-7 yrs. |
| | | | |



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