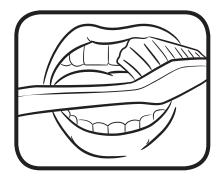
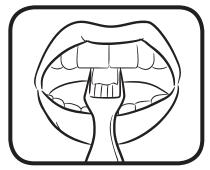
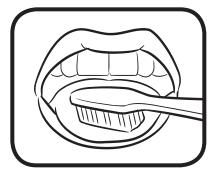
## How to Brush



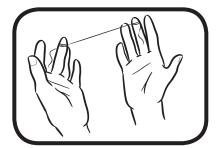






- Place the toothbrush at a 45-degree angle to the gums.
- Move the brush back and forth gently in short strokes.
- Brush the outer surfaces, the inside surfaces and the chewing surfaces of all teeth.
- To clean the inside surface of the front teeth, tilt the brush vertically and make several up-and-down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

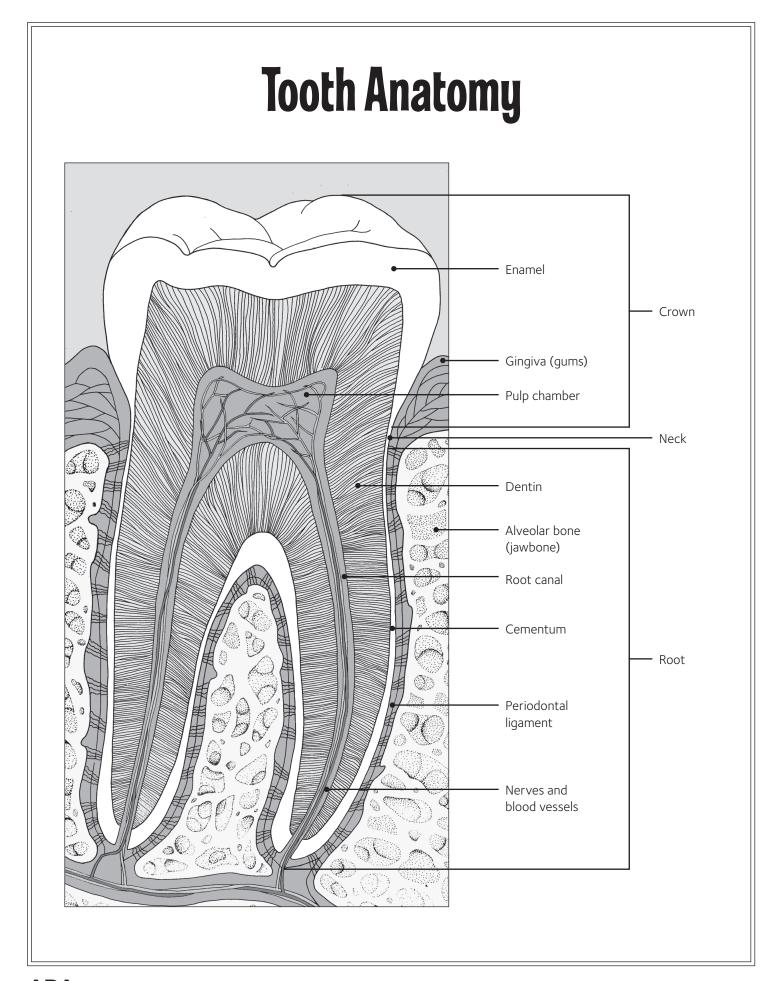


## Permanent Tooth Development

	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) ( <del>X</del> )	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.
$\gamma$	Canine (cuspid)	9-10 yrs.
	Lateral incisor	7-8 yrs.
	Central incisor	6-7 yrs.

### Primary Tooth Development

SVV	<b>Upper Teeth</b> Central incisor Lateral incisor Canine (cuspid)	<b>Erupt</b> 8-12 mos. 9-13 mos. 16-22 mos.	<b>Shed</b> 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.
$(\lambda_r)$ $(\lambda_r)$	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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