

## **"Two-Way Toothbrushing"**

### **BRUSHING for REFRESHMENT**

**Brush:** Soft MANUAL or Sonicare.  
**Frequency:** As often as desired.  
**Toothpaste:** Yes, toothpaste used.  
**Purpose:** To remove food and refresh mouth.  
**Other "Tools":** Floss/Picks: NOT REQUIRED!  
Mouthwash Recommended  
**TIME REQUIRED:** 30 seconds.

***Brushing TOPS of teeth = OK!***

### **VIBRATING for CLEANING**

**Brush:** Soft SONICARE brush  
**Frequency:** Done ONE TIME per day.  
**Toothpaste:** No toothpaste "Dry Brush"  
**Purpose:** To disorganize bacteria in the transparent plaque that's on all teeth  
**Other "Tools":** Floss/Toothpick/Tongue Scraper and Mouthwash - integral to the once daily cleaning routine.  
**TIME REQUIRED:** 4 min. Sonicare  
4-6 min. Floss/Rinse/Scrape

***Clean the SIDES of teeth/gums/tongue...  
... the entire mouth!***

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