



Smile

PEDIATRIC DENTISTRY & ORTHODONTICS

BRUSHING CHART

MORNING

EVENING

• MONDAY

• TUESDAY

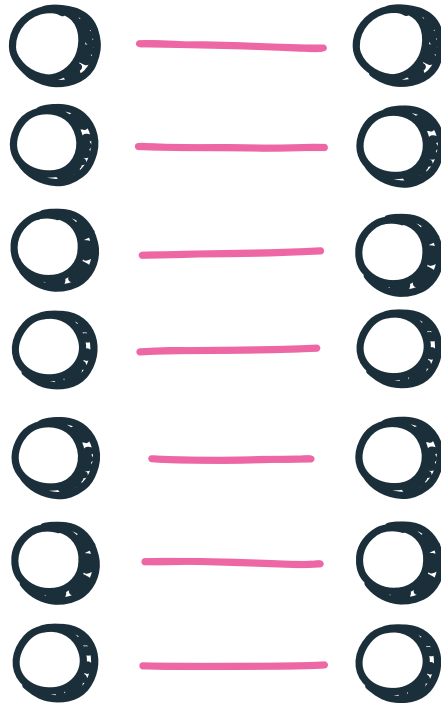
• WEDNESDAY

• THURSDAY

• FRIDAY

• SATURDAY

• SUNDAY



-DONE



-NOT DONE

THE AMERICAN DENTAL ASSOCIATION
RECOMMENDS THE 2/2 RULE: BRUSH
FOR 2 MINUTES IN THE MORNING
AND 2 MINUTES AT NIGHT.

