

Your Perfect Daily Smile Routine Checklist

Use this quick checklist before your next visit:

Morning Routine

- ☐ Rinse with mouthwash (before eating)
- ☐ Floss thoroughly using C-shape technique
- ☐ Brush 2 full minutes at 45° angle (divide mouth into 4 sections)
- ☐ Do NOT rinse with water – let fluoride stay

Night Routine (Most Important)

- ☐ Floss to remove entire day's buildup
- ☐ Brush 2 full minutes
- ☐ Optional: Antibacterial mouthwash

Weekly / Monthly

- ☐ Replace toothbrush or electric head every 3–4 months (or when bristles fray)
- ☐ Check gums for bleeding that doesn't improve after 1–2 weeks of consistent flossing

Bonus quick self-check:

- Did I brush my tongue?
- Did I reach my back molars with floss?
- Did I use light pressure only?