

**Your next Check-up and Cleaning  
is on:**

\_\_\_\_\_

at \_\_\_\_\_

**It is important to your general  
health to keep your dental  
cleaning and check-up  
appointments. Regular dental care  
can help prevent other health  
problems.**

If you are not able to keep this  
appointment, it is necessary to call and  
reschedule 24 hours in advance in  
accordance with our cancellation policy.

We have reserved this time in our schedule  
for your next dental appointment. Due to  
the high demand for dental care, we cannot  
continue to see patients who repeatedly fail  
appointments. Please assist us in our  
continued effort to provide affordable, high  
quality dental care to everyone.

Thank you!

Valley View Dental locations:

**2690 NE Kresky  
Chehalis, WA 98532  
360-330-9595**

**102 A Westlake Avenue  
Morton, WA 98356  
360-496-5101**



**Taking Care of Your**

**Smile**  


**Brush**

**Floss**

**Rinse**

**Regular Dental Visits**



# BRUSH

Brush for two minutes, two to three times a day

Use only a soft bristled brush small enough to reach all parts of your teeth and mouth.  
Use gentle pressure



Angle your toothbrush toward the gumline at a 45 degree angle.

Make sure you clean each tooth.

Take your time

Replace your toothbrush every three months

Don't forget to gently brush your tongue to remove bacteria and freshen your breath.



# FLOSS

Floss everyday  
Gently slide the floss between your teeth

Pull the floss to a "C" shape around each side of each tooth.

Move floss in an up and down motion only.



Your gums may bleed for 1-2 weeks when you begin regular flossing. This is normal while you're decreasing gum inflammation. If your gums continue to bleed with regular brushing and flossing consult your dentist.

## FACTS

It takes only 24 hours for plaque to harden onto your teeth and cause gum and bone disease.

There are five surfaces on each tooth. Only two of them can be cleaned by floss. Even mouth rinse cannot reach these areas.

Cavities are caused by plaque and acids in your mouth from foods and drinks. Bacteria eat away the surfaces of your teeth causing cavities.

# RINSE



Fluoride rinse helps prevent tooth decay by strengthening the enamel which covers the teeth.

## REGULAR VISITS TO YOUR DENTIST ARE IMPORTANT

It is important to see a dentist on a regular basis to identify potential problems while they are in the early stages. This will allow proper action to be taken. Tooth decay can lead to tooth loss! For this reason it is important to see your dentist every six months for check-ups.

With the best of home care, calculus (tartar) build up will be kept to a minimum, but will not completely prevent it. A routine cleaning by a professional will remove these deposits before they cause gum and bone disease. It will also prevent more problems from occurring or progressing.