















# MY TEETH CLEANING CHART

From Brucegate Dental Practice

Name.....

	Morning	Done	Night	Done
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

## TWO MINUTES TWICE A DAY

- *Brush your teeth twice a day with a fluoride toothpaste*
- *Cut down on how often you have sugary food and drink*
- *Visit your dentist regularly, as often as they recommend*