

ORTHO ESSENTIALS

Your clean routine check-up

5		<p>EXCELLENT</p> <p>You should be seeing clean teeth and healthy gums. Keep doing what you're doing.</p>
4		<p>GOOD</p> <p>You might see redness or swelling of your gums around a few teeth. Keep doing what you're doing to get even better.</p>
3		<p>AVERAGE</p> <p>You might see some redness or swollen gums. Keep on brushing, flossing, and rinsing.</p>
2		<p>NOT SO GOOD</p> <p>Could make your treatment take longer. You might see plaque, chalky white spots on your teeth, or swollen gums. Be sure to brush twice a day, floss at least once a day, and use your rinse.</p>
1		<p>POOR</p> <p>You probably see plaque; chalky white spots on your teeth; or swollen, bleeding gums. Review the correct way to brush, floss, and rinse.</p>

Poor Clean Routine
Swollen gums,
white spots on teeth



Excellent Clean Routine
Healthy gums and teeth



Crest + Oral-B

