Healthy mouth routine.
Remember these four easy steps to take care of your teeth year-round:

1. **CHECK-UP**
   - Visit your dentist regularly.

2. **BRUSH**
   - Brush your teeth twice a day.

3. **FLOSS**
   - Floss daily.

4. **CHEW**
   - Chew sugarfree gum after eating and drinking when “on-the-go.”

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Just a friendly reminder...

It’s time to schedule your next appointment!

[Patient Name]
[Street No./Street]
[City/Postal Code]
[Country]