

Between-Teeth Cleaning Routine Builder

Use this checklist to make room for the between-teeth routine your dental professional has recommended. It helps with reminders and questions; it does not choose a method, teach technique, or decide what is right for you.

Build a cue

■ Pick a routine event that can remind me:

■ Keep the item I already use where this cue can work:

■ Choose a realistic reminder:

Keep the plan simple

My next routine time:

What may make it easier to remember:

If I miss it, my next reset cue will be:

Bring questions to the right person

Question about my clinician's recommendation, product instructions, or technique:

General planning support, not product selection or technique advice. Follow your dental professional's and product's instructions when they differ from this checklist.

Supporting reading

How to Floss Properly · oralcompass.org/articles/how-to-floss-properly/

How Often Should You Floss? · oralcompass.org/articles/how-often-should-you-floss/

What Is a Water Flosser? · oralcompass.org/articles/what-is-a-water-flosser/

Source: MouthHealthy (American Dental Association), Cleaning Between Your Teeth.