

Between-Teeth Cleaning Routine Builder

If between-teeth cleaning is hard to fit into your routine, use this checklist to choose a cue, a workable time or situation, and a simple way to restart after a missed day.

Fill in only the prompts that help. Use the method and instructions you already have. If your dental professional has recommended a routine, keep that recommendation with your plan. This checklist does not choose a method, teach technique, or decide what is right for you.

Choose where it fits

A routine event I can use as my cue:

The next time or situation I want to try:

Make it easier to remember

Where I will keep the item I already use:

Optional reminder I want to use:

Optional - something else that may help me remember:

Make a restart plan

There is no streak or score in this checklist. If you miss the plan, use the next routine event you choose as a place to restart.

If I miss the plan, the next routine event I will use is:

Keep questions with their source

Optional question about a dental professional's recommendation, product instructions, or technique:

Use your completed entries as a simple plan for the next time or situation you chose. Bring any question you write here to your dental professional. This is general planning support, not product selection or technique advice. Follow your dental professional's and product's instructions when they differ from this checklist.

Optional supporting reading

How to Floss Properly - How Often Should You Floss? - What Is a Water Flosser?

Sources

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