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1. **Brush teeth using regular toothpaste before bedtime.**
2. **Apply Gel-Kam using toothbrush. Make sure to work it around each tooth and brace or bands. Use it every night!**
3. **Spit out excess Gel-Kam. We don't want you to swallow the excess.**
4. **Gel-Kam, along with good brushing, should keep your teeth healthy underneath the braces.**



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