

# How To Maintain Healthy TEETH AND GUMS!

Keeping your teeth and gums healthy is essential to your oral health. There are numerous ways you can help keep your smile at its best. Follow these tips and guidelines for a beautiful, healthy smile

## FREQUENCY OF BRUSHING

Remember to brush your teeth at least twice a day for the best oral health possible.

- Take time when brushing- Approximately 2 minutes.
- Twice a day is optimal; after every meal is preferred.
- Brush before breakfast; 30 minutes before eating OR 30 minutes after eating.
- Always use fluoride toothpaste.



## MOUTH RINSE

Mouthwash is excellent for giving you that clean feeling at any time of day, but it should be used sparingly.

- Use mouthwash BEFORE brushing but AFTER flossing.
- Use products that contain no alcohol.
- For best results, use daily. The added protection in the mouthwash can help prevent tooth decay.



## FLOSSING BETWEEN TEETH

- 🦷 Floss every day if possible.
- 🦷 Don't rush flossing, take a few minutes to ensure you've gone between every tooth.
- 🦷 Avoid using toothpicks, which can damage the gums.
- 🦷 Floss before you brush to loosen plaque.
- 🦷 Don't worry if your gums bleed with initial use, this is normal.



## Tips For Maintaining a Beautiful, Healthy Smile



**Avoid Drinks That May Stain Teeth; These Can Include:**



Coffee & Tea



Wine



Soda & Dark Juices



**Avoid Overly Citrus Foods and Drinks.**



**Drink Fluoride Water.**



**Remember to Brush Your Tongue.**



**If You Smoke, Stop as Soon as Possible.**

### TIP

Use a straw for sugary drinks to limit the exposure to your teeth.

See your dentist twice a year for cleaning and checkups. Staying on top of your oral health can significantly reduce your chances of gum disease and premature tooth decay.