



Kentucky Public Health

Prevent. Promote. Protect.

Oral Health

Maintaining Good Oral Health

Oral Health is essential to overall health



BRUSHING TIPS

- ✓ Brush **twice daily**
- ✓ Use a fluoride toothpaste
 - Fluoride is the **most effective** way to reduce tooth decay
 - Fluoride keeps tooth enamel **strong** and **resistant** to cavities forever
- ✓ Brush **all sides** of each tooth, and **don't forget** to brush your tongue, too
- ✓ Use a soft bristled toothbrush and brush in small, circular motions
- ✓ **Replace** toothbrush when bristles become worn or every 3 to 4 months

FLOSSING TIPS

- ✓ Floss **once daily** to remove plaque and food particle build up between the teeth and along the gum line; **preventing** tooth decay and gum disease

FLOSSING OPTIONS



Traditional Floss



Floss Holder



Floss Threader



Water Flosser

DIETARY TIPS

- ✓ Eat a **balanced** and **healthy** diet, equipped with fruits and veggies
- ✓ **Limit** your intake of sweets and sugary drinks, such as candy and soft drinks and limit **how often** you have these

ORAL HEALTH TIPS

Visit the dentist **regularly** for routine check-ups and professional cleaning

Avoid cigarettes, smokeless tobacco products (chewing tobacco/snuff), and vaping

Drink fluoridated water - teeth are bathed in fluoride, giving your teeth the protection they need all day long

If you are planning to become pregnant - **schedule** a dental check-up

- During pregnancy, it is **important to maintain** and **practice** good oral health hygiene
- Visit your dentist if you **suspect** something is wrong

Sources:

- National Institute of Health. 2024. National Institute of Dental and Craniofacial Research. Oral Hygiene. <https://www.nidcr.nih.gov/health-info/oral-hygiene>
- National Library of Medicine. 2024. Medline Plus. Dental Care - Adult. <https://medlineplus.gov/ency/article/001957.htm#:~:text=To%20maintain%20healthy%20teeth%20and,Eat%20a%20healthy%20diet.>