

Maintaining Good Oral Health

Oral Health is essential to overall health

BRUSHING TIPS

- Brush twice daily
 - Use a fluoride toothpasteFluoride 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

ORAL HEALTH TIPS

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

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

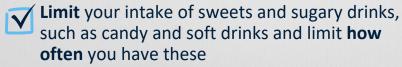
Drink fluoridated water - teeth are bathed in fluoride, giving your teeth the protection they need all day long

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

DIETARY TIPS





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%20an d,Eat%20a%20healthy%20diet.