

Maintaining Good Oral Health

Oral Health is essential to overall health

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



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
- ✓ Use a soft bristled toothbrush and brush in small, circular motions
- ✓ Brush **all** sides of each tooth, and **don't forget** to brush your tongue, too
- ✓ **Replace** toothbrush when bristles become worn or every 3 to 4 months

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 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>.
- National Institute of Health. 2024. National Institute of Dental and Craniofacial Research. Oral Hygiene.
<https://www.nidcr.nih.gov/health-info/oral-hygiene>



Scan the QR code or visit:

<https://www.chfs.ky.gov/agencies/dph/Pages/oralhealth.aspx>



Kentucky Public Health

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Oral Health