

GREAT WAYS TO TAKE CARE OF YOUR TEETH

1. Brushing Teeth. One of the simplest ways to clean your teeth is by brushing your teeth regularly. ...
2. Flossing. ...
3. Stay Away from Smoking, Smokeless Tobacco and alcohol. ...
4. Avoid coffee, tea and sodas. ...
5. Follow Healthy Diet. ...
6. Visit a Dental Professional. ...
7. Limit Sugary Foods. ...
8. Wear Mouthguard.