

Oral-Health Tips

How to Maintain Healthy & Beautiful Smiles

DENTAL TIPS FOR PROPER ORAL-HEALTH

DAILY ORAL HEALTH CHECKLIST

- ☐ Brush Twice Daily
- ☐ Floss Once Each Day
- ☐ Don't Forget to Brush Your Tongue
- ☐ Use Fluoride Toothpaste
- ☐ Use Antibacterial Mouth Rinse
- ☐ Drink Lots of Water
- ☐ Eat Fruits and Veggies
- ☐ Cut Down on Sugar
- ☐ Schedule Regular Dental Checkups



5 OF THE MOST COMMON DENTAL PROBLEMS



Tooth Decay

Tooth decay occurs when bacteria converts to acid. That acid causes cavities and dental caries.



Gum Disease

While not everyone has symptoms, the signs of gum disease include red, swollen, and bleeding gums.



Tooth Sensitivity

Your teeth can be sensitive from hairline cracks, gum and enamel erosion, along with tooth decay.



Crooked Teeth

Crooked teeth cause problems for surrounding teeth. Teeth that are too close together make it difficult to brush and floss.



HOW TO BRUSH



Top & Bottom Inside

Brush every tooth on the inside both top and bottom and make sure to go straight down to the gumline.

Chewing Surfaces

Brush the bottom and the top of the back teeth.



Outsides

Brush teeth at a 45-degree angle and brush in circular back and forth motion.

Following these instructions twice a day will ensure healthy teeth and gums. Kids under the age of eight should be supervised when brushing and don't forget to keep toothpaste out of children's reach.

