### Oral-Health Tips

How to Maintain Healthy & Beautiful Smiles



## YORML HEMLI'H

- 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



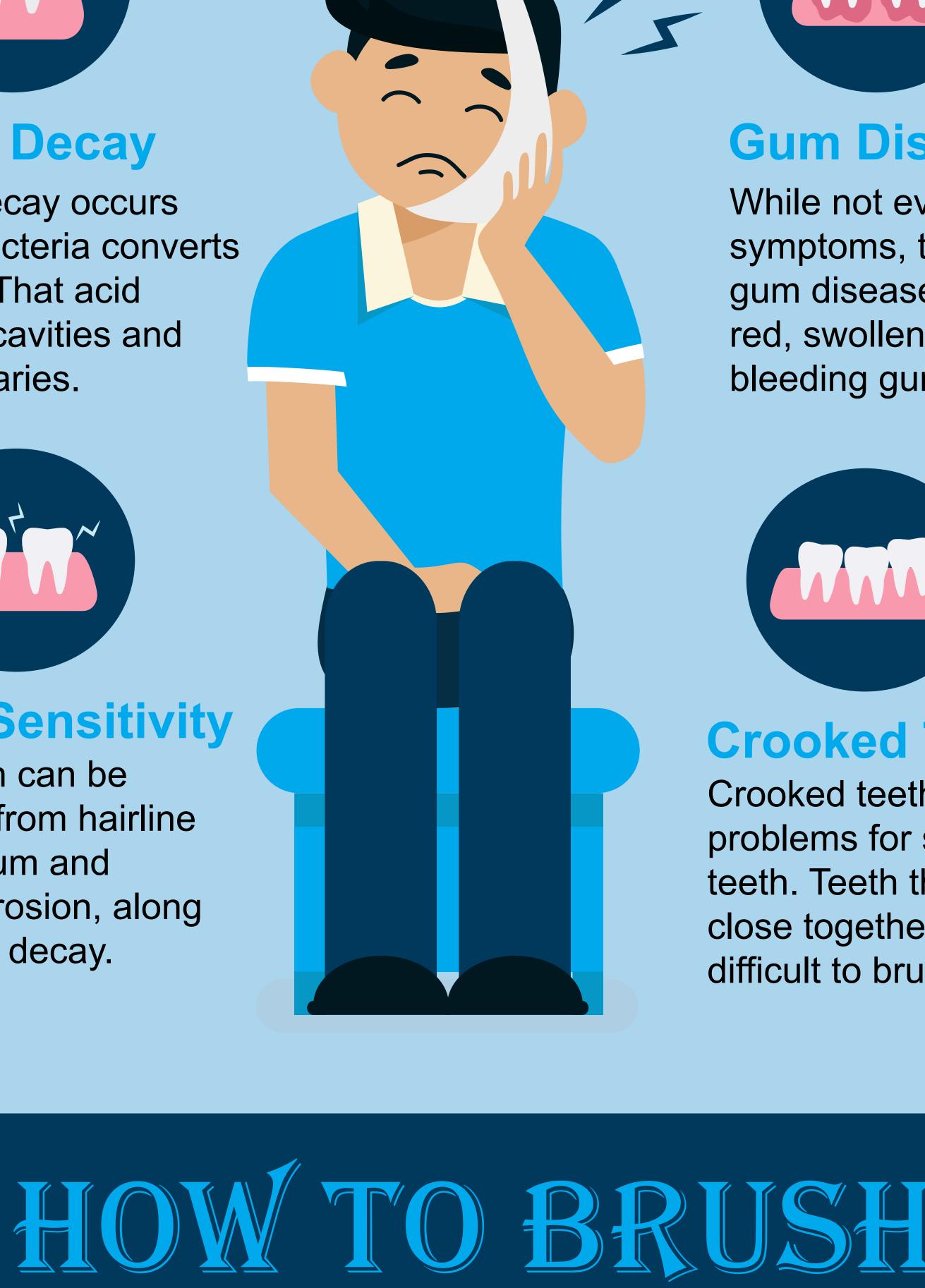
### when bacteria converts

to acid. That acid causes cavities and dental caries.



enamel erosion, along

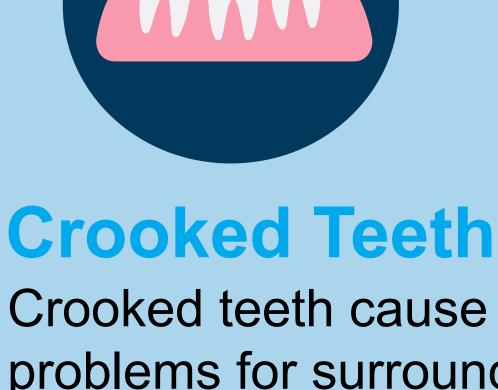
with tooth decay.





### While not everyone has

symptoms, the signs of gum disease include red, swollen, and bleeding gums.

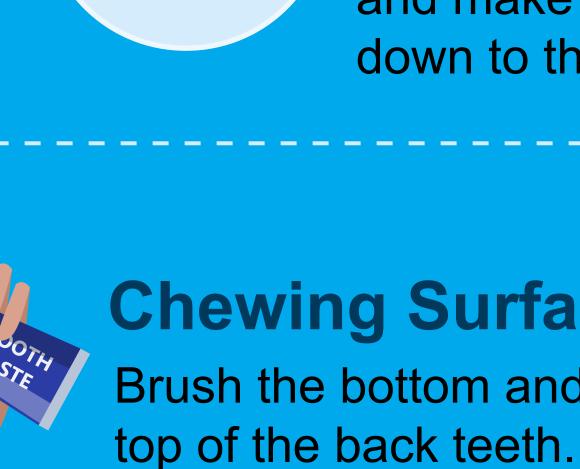


#### problems for surrounding teeth. Teeth that are too

close together make it difficult to brush and floss.

## **Top & Bottom Inside**





### down to the gumline.

and make sure to go straight

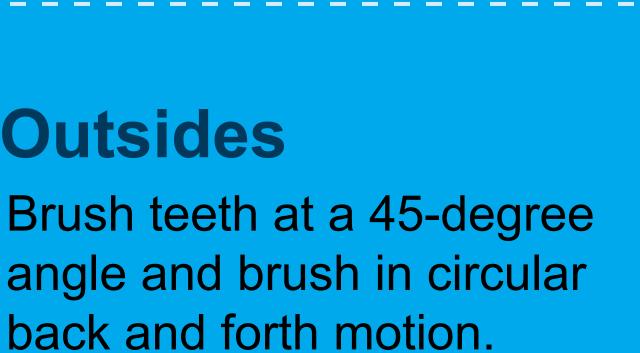
Brush every tooth on the

inside both top and bottom

**Chewing Surfaces** Brush the bottom and the



**Outsides** 



Following these instructions twice a day will ensure healthy teeth and gums. Kids under the age of eight

to keep toothpaste out of children's reach.

should be supervised when brushing and don't forget

