



Diet considerations

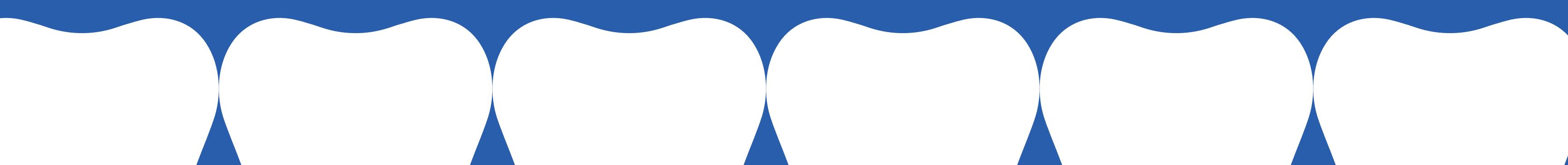
- Limit snacking in between meals
- Eat a balanced, healthy diet
- Avoid consuming excess sugary, acidic, and carbonated foods/drinks

Healthy Habits

- Schedule biannual dental cleanings
- Floss every night
- Brush your teeth 2x/day
- Wait at least an hour after meals to brush your teeth

Brushing teeth tips!

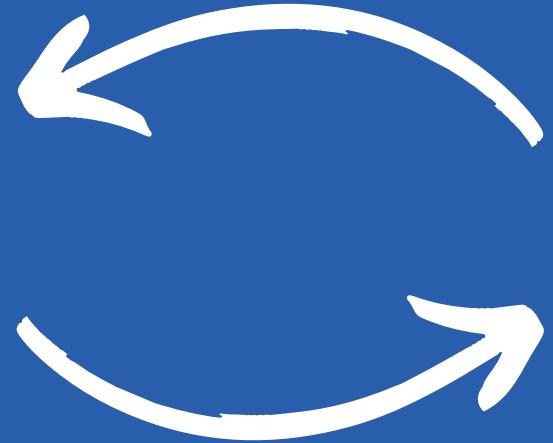
- Brush your teeth in small circular motions, and at a 45 degree angle to the tooth
- Start with the visible outer surfaces of your teeth, and move inward to the inner side of your teeth (areas prone to staining)
- Brush for at least 2 minutes. To remove bacteria and for fresher breath, brush your tongue at the end
- Brush slowly and gently (rough brushing can lead to gum recession and tooth sensitivity!)
- Replace your toothbrush every 3-4 months. A soft-bristled toothbrush with a small head can help reach small areas in your mouth. An electric toothbrush is a great investment that can make brushing easier, but it is by no means necessary



照顾好你的牙齿



口腔健康



总体健康



饮食注意

- 限制吃饭之间吃零食
- 避免吃过多含糖、酸性和碳酸的食物和饮料

健康习惯

- 每半年安排一次牙齿清洁
- 每晚使用牙线
- 每天刷牙两次
- 饭后至少等待一小时再刷牙



刷牙小窍门!

- 以小幅度打圈的方式刷牙, 与牙齿成 45 度角
- 从牙齿的外侧开始, 然后向内刷牙齿的内侧 (容易染色的区域)
- 刷至少 2 分钟, 最后刷一下舌头以去除细菌并保持口气清新
- 缓慢而轻柔地刷牙, 太大力会导致牙龈萎缩和牙齿敏感
- 每 3-4 个月更换一次牙刷 (小头软毛牙刷可以帮助清洁口腔中较小的区域)