

THE IMPORTANCE OF MAINTAINING ORAL HEALTH

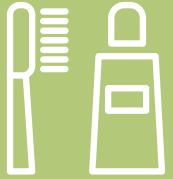


Brush your teeth
2x a day!

Floss 1x
everyday!



QUICK TIPS!



Brush 2X for about 1-2 minutes & clean the surface of your teeth.
Apply gentle pressure/use a toothbrush with soft bristles!

Floss 1x a day: get between your teeth to avoid plaque buildup.
Flossing will also lower the risk of gum disease and tooth decay!

Go to the dentist immediately when feeling pain or discomfort!
Be sure to get regular checkups and cleanings!

AVOID!

- Smoking
- Soda
- Hard candies
- Sticky candies and sweets



DO!

- Replace your tooth brush every 3-4 months.
- Drink water.
- Eat fibre rich foods.



1. American Dental Association. (2019). Oral Health Topics. ADA. Retrieved from <https://www.ada.org/en/member-center/oral-health-topics>
2. "The best and worst foods for your teeth." (n.d.). University of Rochester Medical Center. Retrieved from <https://www.urmc.rochester.edu/encyclopedia/content.aspx?ContentTypeID=1&ContentID=4062>