The Importance of Maintaining Oral Health

Healthy Tooth=

- Brush your teeth 2x a day!
- Floss 1x everyday!

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Quick Tips!

**AVOID!**
- Smoking
- Soda
- Hard candies
- Sticky candies and sweets

**DO!**
- Replace your tooth brush every 3-4 months
- Drink water
- Eat fibre rich foods

**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!

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