How to Have a Healthy Mouth
Important Tips on How to Have a Healthy Mouth

Floss daily to clean between the teeth.
(Parents/caregivers should floss their children's teeth until they are 7 - 8 years old.)

Visit your dental provider twice a year for a routine evaluation and cleaning.

Let your dental provider know of any medical conditions you have and any medications you are taking.

Use a toothbrush with soft bristles. Replace your toothbrush every 3 months.

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Stop the use of tobacco products and limit the amount of alcohol you drink.

Brush all surfaces of your teeth including your tongue.

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Have an oral cancer exam yearly.

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Brush 2 times a day for at least 2 - 3 minutes with toothpaste that has fluoride.
(Parents/caregivers should supervise brushing until children are 7 - 8 years old.)

Dump plenty of water; even better if the water has fluoride!
Avoid sugary drinks and foods.

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