



A Guide To Healthy Teeth

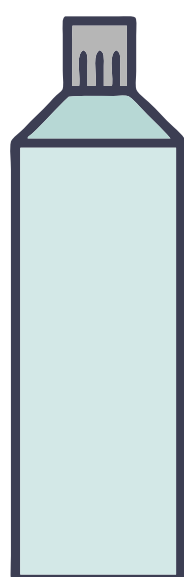
Remember to:



Brush your teeth for 2 minutes twice a day with fluoride toothpaste

Floss once a day

Use Mouthwash containing fluoride



Eat calcium, vitamin D, and mineral rich foods

Don't do these:



Consume many sugar and caffeine containing drinks



Smoke cigarettes or use chewing tobacco



Drink carbonated drinks as they weaken your tooth enamel

General Advice:

- Visit your dentist twice a year or if you have any dental symptoms
- Replace your toothbrush every 3-4 months
- Clean your tongue regularly
- Visit www.mouthhealthy.org for more info

www.mededmaterials.org

Disclaimer: Med Ed Materials, 2021. This information is intended to supplement, not contradict, the medical advice of your practitioner. For questions or more info, contact your practitioner.

