

My recipe for oral health habits



Follow these tips to
keep a healthy smile.

- Brush two times a day, using a mechanical or manual toothbrush
- Use toothpaste with fluoride
- Floss once a day
- Clean your tongue
- Use an antibacterial mouth rinse with fluoride (no alcohol)
- Use picks or flossers (Keep them EVERYWHERE)
- Use xylitol products
- Drink water, and swish with water
- Wear a sports guard
- For those with chronic canker or cold sores, brush without toothpaste and then rinse with an antibacterial mouth rinse with fluoride (no alcohol)