



Tips for a **Healthy Mouth**

- **Visit your dentist twice per year.** Don't wait until your teeth or gums hurt!
- **Prevent gum disease.** Every day, brush twice and floss once.
- **Use fluoride.** You can do this with fluoridated water, toothpaste, or rinses.
- **Replace your toothbrush.** Choose a new toothbrush three to four times per year or after an illness.
- **Avoid sugary food and drinks.** This will help prevent enamel erosion and tooth decay.