

How to Have a Healthy Mouth



For more information on oral health, visit health.maryland.gov/oral-health.



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Non-Discrimination Statement

The Maryland Department of Health (MDH) complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, or disability in its health programs and activities.

English

Help is available in your language:
410-767-5300 (TTY: 1-800-735-2258).
These services are available for free.

Español/Spanish

Hay ayuda disponible en su idioma:
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Chinese

中文
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January 2019

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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 three months.

Brush all surfaces of your teeth including your tongue.

Have an oral cancer exam yearly.

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

Drink plenty of water; even better if the water has fluoride!

Avoid sugary drinks and foods.

Do not ignore sore or bleeding gums that last longer than two weeks.

Brush twice 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.

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