

# How to Have a Healthy Mouth

## Tips for a healthy mouth

### Brush and Floss

- Brush twice a day with toothpaste that has fluoride.
- Brush for 2 - 3 minutes each time you brush
- Brush all surfaces of your teeth including your tongue
- Use a toothbrush with soft bristles.
- Replace your toothbrush at least every three months.
- Floss daily to clean between the teeth.



### See your Dental Provider

- Visit your dental provider every six months for a check-up and cleaning.
- Talk to your dental provider about your medical conditions and medications
- Get an oral cancer exam yearly
- Let your provider know if you have sore or bleeding gums lasting longer than two weeks.



### Eat and drink healthy

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



### Parents/caregivers:

- Help your child brush until they can do it on their own, which is about 7 - 8 years old.
- Children need our help flossing. Assist children floss until they are able to do it on their own, which is about 7-8 years old.

