

# How to Have a Healthy Mouth



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## Important Tips on How to Have a Healthy Mouth

- 1** Brush 2 times 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).
- 2** Brush all surfaces of your teeth including your tongue.
- 3** Floss daily to clean between the teeth (parents/caregivers should floss children's teeth until they are 7-8 years old).
- 4** Use a toothbrush with soft bristles. Replace your toothbrush every 3 months.
- 5** Visit your dental provider twice a year for a routine evaluation and cleaning.
- 6** Let your dental provider know of any medical conditions you have and any medications you are taking.
- 7** Drink plenty of water! Avoid sugary drinks and foods.
- 8** Do not ignore sore or bleeding gums that last longer than two weeks.
- 9** Have an oral cancer exam yearly.
- 10** Stop the use of tobacco products and limit the amount of alcohol you drink.

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