

# TOP 10 ORAL HEALTH TIPS

**1 Be a tooth two-timer!**  
Brush your teeth at least twice a day with a fluoride toothpaste. (2 x 2 minutes).

**2 Fight with floss!**  
Floss between your teeth. Using dental floss daily can help keep gums healthy.

**3 Rinse germs down the drain!**  
Rinse using an antiseptic mouthwash to kill germs that cause cavities and gum disease.

**4 You are what you eat!**  
Make healthy food choices. Nutritious food, low in sugar, is good for both oral and overall health.

**5 Protect your pearly whites!**  
Wear a mouthguard when playing or practising sports. Your dental hygienist can make a custom fitted one for you.

**6 Butt Out!**  
Choose to be tobacco free. Using tobacco products can stain your teeth and increase your risk of developing oral cancer.

**7 Sealants for success!**  
Want your child to stay cavity free? Ask your dental hygienist if pit and fissures sealants are a good option for your child.

**8 Open up!**  
Check your mouth once a month. Know what's normal. If you have a sore that does not heal within two weeks, get it checked by a health professional.

**9 Re-think your drink!**  
Drinking sweetened beverages and acidic fluids increases your risk of developing cavities.

**10 Book it!**  
Visit your dental hygienist regularly. Begin visits by age one and continue throughout your life.



[www.dentalhygienecanada.ca](http://www.dentalhygienecanada.ca)