

TOP 10 ORAL HEALTH TIPS

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

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

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.

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.

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



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

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 antibacterial 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.



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