

# Oral Health Essentials

## Hygiene Tips

### Brush for 2 minutes 2 times a day

Aim bristles 45 degrees towards the gum  
Brush with gentle pressure  
Clean all surfaces of teeth  
Don't forget the tongue!  
Replace toothbrush every 3-4 months



### Floss once a day

Wrap around the tooth, go up and down  
Get beneath the gums

### Denture care

Clean with denture cleaning tablet or  
paste daily  
Soak in water when not in use  
Take them out overnight  
DO NOT PUT IN BOILING WATER



### Dental implants

Brush and floss  
Consider using water flosser  
Use mouth rinse

### Regular checkup

Visit the dentist regularly (twice a  
year or more as needed)  
Even if you don't have teeth!



## Contact Us

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