Guide to a Healthy Smile

A healthy and beautiful smile depends on good oral hygiene techniques. Good oral health is not only important for your self-esteem, but also for your overall well-being.

What is Tooth Decay?

Tooth decay is damage that occurs when germs (bacteria) in your mouth make acids that eat away at a tooth. It can lead to a hole in the tooth, called a cavity. If not treated, tooth decay can cause pain, infection, and tooth loss.

How to Prevent Tooth Decay

Brush and floss your teeth regularly. See a dentist for regular checkups. Stay away from foods that are high in sugar and carbohydrates, which feed the bacteria in your mouth.

How to Use a Manual Toothbrush

- Inside and outside of every tooth: Place the brush at a 45° angle. With short strokes, move the brush from the gums toward the edges of the teeth.
- Chewing surfaces: Hold the brush flat and brush back and forth.
- Inside surfaces of front teeth: Tilt the brush up or down and use gentle strokes with the tip of the brush.
- Gently brush your tongue in a back-to-front sweeping motion to freshen your breath.

Nutrition Notes

Eating a variety of nutrient-rich foods from all the food groups promotes healthy teeth and gums. Eat a balanced diet, and forgo sugary treats or hard or sticky candy.

3 Steps for Good Oral Hygiene

1. Brush twice daily for two minutes.
2. Floss once daily.
3. Rinse with mouthwash daily.